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Report on Food Group Use

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Report on Food Group Use

March 2004

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Executive Summary

The *Report on Food Group Use* is one in a series of reports on the B.C. Nutrition Survey (BCNS). The BCNS, conducted in 1999, was designed to obtain comprehensive, up-to-date information on the eating habits of adult British Columbians. A total of 1,823 British Columbians, aged 18 to 84 years, participated in the province-wide survey, which involved 90 minute, in-home interviews by specially trained public health nurses and nutritionists.

The *Report on Food Group Use* builds on the findings of the *Report on Energy and Nutrient Intakes* (B.C. Ministry of Health Services, 2004). The report presents findings related to the BCNS objective: To determine the contribution of major food groups to the diet.

Usual food intake was compared to the recommendations of *Canada's Food Guide to Healthy Eating.* The survey found that:

- The majority of adult British Columbians did not meet the minimum recommendations for intake of vegetables and fruit (64.5%) and milk products (77.4%). However, in many cases, adults only needed to add one or two more servings per day to their diets – an achievable goal.
- About 61% of women did not consume the minimum recommended number of servings of grain products and about 49% did not consume enough meat and alternates, compared to 19% and 13% of men respectively.

The BCNS also examined one-day food intakes in terms of the five guidance statements in *Canada's Food Guide to Healthy Eating* and found the following:

Choose lower fat foods more often.
B.C. adults chose lower fat milk beverages and grain products but higher fat cheeses and meats.

Choose lower fat milk products more often.
Most chose lower fat milk beverages but higher fat cheeses.

Choose whole grain and enriched products.
Most met this recommendation for enriched products but not for whole grain products.

Choose dark green and orange vegetables and orange fruit more often.
The recommended choices comprised only 13% of total portions of vegetables and fruits consumed. Potatoes comprised 9% of total portions consumed.

Choose leaner meats, poultry and fish, as well as dried peas, beans and lentils more often.

B.C. adults consumed higher fat meats more often. Legumes made up only 8.5% of the choices.

- Only a very small proportion of adult British Columbians met the minimum recommendations in *Canada's Food Guide to Healthy Eating* for all four food groups on a given day.
- "Other foods", primarily foods high in fat and/or sugar, provided about 25% of the energy intake of adults on a given day.

This report provides important new information on food group use and the relationship of food group use to the nutrient intakes of B.C. adults. The eating habits of many fall substantially short of national standards and contribute to increased risk of diet-related chronic disease and obesity. The findings will help guide policy and programs to improve the nutritional health of British Columbians. Innovative educational strategies are needed to support British Columbians to review and assess their diets in terms of *Canada's Food Guide to Healthy Eating*. Supportive environments at schools and workplaces and in the community are needed to assist British Columbians to make healthy food choices.

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Table of Contents

Executive Summary . . . . . a
Acknowledgements c
List of Tables iii
List of Appendices iv

1.0 Introduction 1

2.0 Methods 2
2.1 Food Group Assignments 2
2.2 Portion Assignments 3
2.3 Meat and Alternatives Portions 4
2.4 Data Analysis 4
2.5 Adjustment for Usual Intake 5

3.0 Results and Discussion 6
3.1 Introduction 6
3.2 Meeting the Minimum Recommendations of Canada's Food Guide to Healthy Eating 7
3.2.1 Grain Products 8
3.2.2 Vegetables and Fruit 8
3.2.3 Milk Products 10
3.2.4 Meat and Alternatives 11
3.3 Meeting the Guidance Statements According to Canada's Food Guide to Healthy Eating 12
3.3.1 Choose Lower Fat Choices More Often 12
3.3.2 Choose Lower Fat Milk Products More Often 13
3.3.3 Choose Whole Grain and Enriched Products More Often 13
3.3.4 Choose Dark Green and Orange Vegetables and Orange Fruit More Often 13
3.3.5 Choose Leaner Meats, Poultry and Fish as well as Dried Peas, Beans and Lentils More Often 13
3.4 Meeting the Recommendations of Canada's Food Guide to Healthy Eating in Relation to Nutrient Intakes 16
3.5 Relationship of Food Group Use and Nutrient Intakes in British Columbia 17
3.5.1 Summary of Relevant Findings From the B.C. Nutrition Survey's Report on Energy and Nutrient Intakes 19
3.5.2 Energy and Macronutrients 22
3.5.3 Vitamins 25

3.5.4 Minerals and Electrolytes 28

4.0 Conclusion and Implications 31

5.0 References 33

List of Tables

Table 1 Proportion (%) of the B.C. adult population consuming grain products relative to the recommendations in Canada's Food Guide to Healthy Eating, by age and sex. 8

Table 2 Proportion (%) of the B.C. adult population consuming vegetables and fruit relative to the recommendations in Canada's Food Guide to Healthy Eating, by age and sex. 9

Table 3 Proportion (%) of the B.C. adult population consuming milk products relative to the recommendations in Canada's Food Guide to Healthy Eating, by age and sex. 11

Table 4 Proportion (%) of the B.C. adult population consuming meat and alternatives relative to the recommendations in Canada's Food Guide to Healthy Eating, by age and sex. 12

Table 5 Food sub-groupings by proportion of portions and number of portions consumed in one day intake diets of B.C. adults. 14

Table 6 Proportion (%) of the B.C. adult population who met the Canada's Food Guide to Healthy Eating guidelines for either zero, one, two, three or four food groups according to the B.C. nutrition survey participants' one-day dietary recalls, by each age-sex group. 17

Table 7 Food sources of selected nutrients. 18

Table 8 Distribution of fibre intakes for males by age (expressed as a percentage of the B.C. adult population). 19

Table 9 Distribution of fibre intakes for females by age (expressed as a percentage of the B.C. adult population). 20

Table 10 Prevalence of inadequacy expressed as percentage below the Estimated Average Requirement (EAR) from food sources alone by sex and age of the B.C. adult population. 21

Table 11 Distribution of calcium intakes from food sources by sex and age, expressed as a percentage of the B.C. adult population. 21

Table 12 Source of energy and macronutrients expressed as a percentage of each major food group in Canada's Food Guide to Healthy Eating and "other foods" for one-day intakes of adult British Columbians. 24

Table 13 Source of energy expressed as a percentage from "other foods" for one-day intakes of adult British Columbians. 25

Table 14 Source of vitamins expressed as a percentage of each major food group in Canada's Food Guide to Healthy Eating and "other foods" for one-day intakes of adult British Columbians. 27

Table 15 Source of minerals and electrolytes expressed as a percentage of each major food group in Canada's Food Guide to Healthy Eating and "other foods" for one-day intakes of adult British Columbians. 30

List of Appendices

Appendix A Canada's Food Guide to Healthy Eating

Appendix B B.C. Nutrition Survey, Canada Food Guide Tables

Appendix C.1 Adjusted Values of Usual Intake of Grains, in number of portions by age and sex

Appendix C.2 Adjusted Values of Usual Intake of Fruit and Vegetables, in number of portions by age and sex

Appendix C.2a Adjusted Values of Usual Intake of Vegetables, in number of portions by age and sex

Appendix C.2b Adjusted Values of Usual Intake of Fruit, in number of portions by age and sex

Appendix C.3 Adjusted Values of Usual Intake of Milk and Milk Products, in number of portions by age and sex

Appendix C.4 Adjusted Values of Usual Intake of Meat and Alternatives, in number of portions by age and sex

Appendix C.5 Adjusted Values of Usual Intake for Other Foods, in grams by age and sex

Appendix D.1 Source of Energy, Expressed as a Percentage, for One Day Intakes by Each Major Food Group by Age and Sex.

Appendix D.2 Source of Protein, Expressed as a Percentage, for One Day Intakes by Each Major Food Group by Age and Sex.

Appendix D.3 Source of Total Fat, Expressed as a Percentage, for One Day Intakes by Each Major Food Group by Age and Sex.

Appendix D.4 Source of Saturated Fat, Expressed as a Percentage, for One Day Intakes by Each Major Food Group by Age and Sex.

Appendix D.5 Source of Carbohydrates, Expressed as a Percentage, for One Day Intakes by Each Major Food Group by Age and Sex.

Appendix D.6 Source of Dietary Fibre, Expressed as a Percentage, for One Day Intakes by Each Major Food Group by Age and Sex.

Appendix D.7 Source of Dietary Folate Equivalents, Expressed as a Percentage, for One Day Intakes by Each Major Food Group by Age and Sex.

Appendix D.8 Source of Vitamin B6, Expressed as a Percentage, for One Day Intakes by Each Major Food Group by Age and Sex.

Appendix D.9 Source of Vitamin B12, Expressed as a Percentage, for One Day Intakes by Each Major Food Group by Age and Sex.

Appendix D.10 Source of Vitamin C, Expressed as a Percentage, for One Day Intakes by Each Major Food Group by Age and Sex.

Appendix D.11 Source of Calcium, Expressed as a Percentage, for One Day Intakes by Each Major Food Group by Age and Sex.

Appendix D.12 Source of Iron, Expressed as a Percentage, for One Day Intakes by Each Major Food Group by Age and Sex.
Appendix D.13 Source of Magnesium, Expressed as a Percentage, for One Day Intakes by Each Major Food Group by Age and Sex.
Appendix D.14 Source of Zinc, Expressed as a Percentage, for One Day Intakes by Each Major Food Group by Age and Sex.
Appendix D.15 Source of Sodium, Expressed as a Percentage, for One Day Intakes by Each Major Food Group by Age and Sex.
Appendix E.1 Detailed Sources of Percent Energy in One Day Intake Diets, summary by sex
Appendix E.2 Detailed Sources of Percent Protein in One Day Intake Diets, summary by sex
Appendix E.3 Detailed Sources of Percent Total Fat in One Day Intake Diets, summary by sex
Appendix E.4 Detailed Sources of Percent Saturated Fat in One Day Intake Diets, summary by sex
Appendix E.5 Detailed Sources of Percent Carbohydrate in One Day Intake Diets, summary by sex
Appendix E.6 Detailed Sources of Percent Dietary Fibre in One Day Intake Diets, summary by sex
Appendix E.7 Detailed Sources of Percent Dietary Folate Equivalents in One Day Intake Diets, summary by sex
Appendix E.8 Detailed Sources of Percent Vitamin B6 in One Day Intake Diets, summary by sex
Appendix E.9 Detailed Sources of Percent Vitamin B12 in One Day Intake Diets, summary by sex
Appendix E.10 Detailed Sources of Percent Vitamin C in One Day Intake Diets, summary by sex
Appendix E.11 Detailed Sources of Percent Calcium in One Day Intake Diets, summary by sex
Appendix E.12 Detailed Sources of Percent Iron in One Day Intake Diets, summary by sex
Appendix E.13 Detailed Sources of Percent Magnesium in One Day Intake Diets, summary by sex
Appendix E.14 Detailed Sources of Percent Zinc in One Day Intake Diets, summary by sex
Appendix E.15 Detailed Sources of Percent Sodium in One Day Intake Diets, summary by sex

1.0 Introduction

The B.C. Nutrition Survey (BCNS), conducted in 1999, is a study by Health Canada and the B.C. Ministry of Health Services, in association with the University of British Columbia, to obtain comprehensive up-to-date information on the eating habits of adult British Columbians. A total of 1823 British Columbians, aged from 18 to 84 years, participated in the survey. The province-wide survey involved 90-minute, in-home interviews by trained public health nurses and nutritionists utilizing several questionnaires to assess food consumption and nutrition concerns. The questionnaires included a 24-hour recall, a food frequency questionnaire and a general nutrition questionnaire focusing on physical activity, healthy weight and body image and food security. Socio-demographic information and body measures were also collected.

The *Report on Food Group Use* is one of a series arising from the BCNS and focuses on one of the six objectives the survey was designed to meet: To determine the contribution of major food groups to the diet. Readers are referred to the BCNS *Report on Energy and Nutrient Intakes* for a full description of the rationale for the study, a literature review pertaining to the study's objectives, the study methodology and data on response rates (B.C. Ministry of Health Services, 2004).

Since nutrition guidance to Canadians is provided primarily by Canada's Food Guide to Healthy Eating (CFGHE) (Appendix A) and nutrition surveys usually provide data on nutrient intakes, rather than adherence to CFGHE, the Food Directorate of Health Canada embarked on a systematic review of all of the foods in the 2001 Canadian Nutrient File. The review was intended to develop a food group classification system that corresponded to the CFGHE (Appendix B). That classification system was applied to the BCNS nutrient intake data to assess the proportion of British Columbians meeting the CFGHE recommendations.

This report provides an overview on the process used to assign food groups and portions according to CFGHE. The findings presented in this report include the proportion of the B.C. population meeting the minimum recommendations as suggested by CFGHE, the distribution of nutrient intakes from the four food groups and 49 food sub-groupings (including "other foods")[1] derived from one-day intakes and how these findings relate to nutrient inadequacies as reported in the *Report on Energy and Nutrient Intakes* (B.C. Ministry of Health Services, 2004).

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[1] In Health Canada's document on food groups, there are 53 food sub groupings. However, two sub groups, 2111 and 2142 (high fat fruit and high fat nectars), were eliminated since they did not contain any foods. Also, the sub group for eggs, and nuts and seeds were collapsed, and thus there were 49 sub groups used for this report.

2.0 Methods

Recently, the Food Directorate of Health Canada developed a standardised approach that applies the principles of CFGHE to the Canadian Nutrient File (CNF). This approach includes portion assignments and food grouping information on a wide range of foods included in the CNF, a standardized way to report data within food groups and a way to break down diets into CFGHE servings (Junkins and Laffey, 2003; Appendix B).

To develop this approach, a working group was formed in the Nutrition Research Division of the Bureau of Nutritional Sciences with collaborators from the Nutrition Evaluation Division, Bureau of Biostatistics and Computer Applications and the Office of Nutrition Policy and Promotion. The details of the rationale, general approach, groupings, serving sizes and thresholds for assigning foods are available in a separate document (Health Canada Working Group to Relate Canada's Food Guide for Healthy Eating to CNF Foods [December 6, 2002 version]. Rationales, Thresholds and Subgroups) and referred to in Appendix B. Rationales were developed for both portion sizes and classification into 53 food sub-groupings. Dietitians external to Health Canada reviewed these informally and revisions were made as appropriate.

Once developed, this approach was applied to the foods and recipes obtained from the BCNS' 24-hour dietary recalls. This chapter will highlight the methodology used by Health Canada's working group as outlined by Junkins and Laffey (2003) in Appendix B.

2.1 Food Group Assignments

Foods within the CNF, as well as foods and recipes within the Nutrition Survey System database (nutrient composition database used in the federal-provincial nutrition surveys) were assigned to the major food groups in CFGHE. All foods were assigned to one of the four food groups of CFGHE (grain products, vegetables and fruit, milk products, meat and alternatives) or to "other foods" which are not considered part of the four food groups due to excessive fat and sugar content. The grain products group includes cereals, grains, pasta, rice, bagels, bannock, pita, crackers, muffins, pancakes and tortillas, but not cakes, cookies, danishes or doughnuts. All kinds of vegetables and fruit are included in the vegetables and fruit group: From alfalfa sprouts to zucchini squash for vegetables and from acerola cherries to watermelon for fruit. All forms of vegetables and fruit are included as well, such as french-fried potatoes, pickled cucumbers, tomato ketchup and dried cranberries. The milk products group includes fluid milk, cheese and yoghurt but not cream, butter and ice cream, which are considered "other foods". The meat and alternatives group contains all meat, poultry and fish, plus eggs, legumes and nuts. Processed meat, like bologna, peanut butter and tofu are found in this group. "Other foods" includes those foods that are mostly fat (butter, margarine, oils and cream); mostly sugar (jam, jellies and candy); and mostly sugar and fat (cookies, cakes, chocolate bars and ice cream). Also in this group are high calorie beverages (pop, lemonade, beverage mixes) and high calorie snack foods (chips, cheesies and crisps). Alcohol and condiments are also considered "other foods". Coffee, tea, water, fruit drinks and diet soft drinks are "other foods" as well.

In addition to assigning foods to the four major food groups of the CFGHE, a system of subgroup classifications (a total of 53) was developed in an attempt to assign foods according to the following CFGHE's guidance statements:

- Choose lower fat foods more often.
- Choose whole grain and enriched products more often.
- Choose dark green and orange vegetables and orange fruit more often.
- Choose lower fat milk products more often.
- Choose leaner meats, poultry and fish, as well as dried peas, beans and lentils more often.

Reported foods from the BCNS' 24-hour recalls were coded either as basic foods or as recipes. For food guide classification purposes, recipes were either treated as a single food (for example, reconstituted dry milk, ice cream or breaded pork chop) and assigned to one CFGHE food group or broken down into their individual ingredients (for example, beef stroganoff, ice cream sandwich or double hamburger on a bun) and then each major component of the recipe assigned to a CFGHE food group.

2.2 Portion Assignments

As reported by Junkins and Laffey (2003), "Once all foods and recipes were assigned to a food group, the number of portions [of each food consumed by each individual in the 24-hour recalls] was calculated. For all food groups except meat and alternatives, the number of portions was calculated directly by dividing the grams consumed by the portion size as recommended according to CFGHE. For meal replacements and the "other foods" group, the grams consumed were recorded and no portions were assigned. There was an additional step for meat and alternatives that led to the calculation of 'equivalent 50 grams' and then portions determined [as described in section 2.2.1]. All estimates used first-day intakes and were weighted by sample weights to provide population estimates." (Refer to Appendix B.)

2.2.1 Meat and Alternatives Portions

The assignment of meat and alternatives portions is outlined in Appendix B by Junkins and Laffey (2003). These authors explain why the concept of a 'sliding window' was developed. Since CFGHE provides a range of grams for a single portion of meat choices (for example, 50-100 grams meat, poultry or fish, one to two eggs) and fixed gram sizes for alternative choices such as 100g tofu and 30 mL peanut butter, a consistent method for portion assignment was needed. Junkins and Laffey (2003) report: "In order to reflect these portions, two principles became important: "Equivalent 50 grams" and "sliding window". It was decided that for foods with fixed portion sizes, one portion would be considered as "equivalent 50 grams" of cooked meat, poultry and fish. Then the "equivalent 50 grams" for those foods, plus the actual grams of cooked meat, poultry and fish were totalled over the day with raw foods scaled to reflect cooked amounts. This total "equivalent 50 gram" amount was then compared to a "sliding window" scale based on 50-100 g meat/poultry/fish as one serving. The "sliding window" scale used was:

- 25 - 49 grams = 1/2 serving
- 50 - 99 grams = 1 serving
- 100 - 300 grams = 2 - 3 servings, and
- 301 - 600 grams = 4 - 6 servings."

2.3 Data Analysis

The data were analyzed using the statistical software programs SAS (SAS Institute Inc, Cary, NC) and SPSS (Statistical Package for Social Sciences, version 11.0, Chicago, 2002). This section briefly describes the method for adjusting for usual intake.

2.3.1 Adjustment for Usual Intake

Since CFGHE portions vary from day to day for the same person, which is termed intra-individual variability, the one-day intakes that were obtained for the BCNS were adjusted to reflect usual intakes in relation to food groupings. The method used for adjusting for usual intakes for food group use data is the same that was used to adjust for usual intakes for nutrients for the *Report on Energy and Nutrient Intakes* (B.C. Ministry of Health Services, 2004) as outlined in the BBCA Technical Report 451311-011 (Hayward, 2003). The adjusted food group use data were then used to estimate the proportion of the population with usual intakes not meeting, meeting or exceeding the CFGHE recommendations.

3.0 Results and Discussion

The majority of adult British Columbians did not meet the minimum Canada's Food Guide to Healthy Eating (CFGHE) recommendations for vegetables and fruit and milk products. One day food intakes suggested the following:

- **A small proportion of adults met the minimum CFGHE recommendations for all four food groups,**
- **Most chose lower fat milk but higher fat milk products such as cheese and yoghurt,**
- **Adults mentioned higher fat meats slightly more often than lower fat meats,**
- **Most grain product choices were enriched ones,**
- **About one-tenth of vegetables and fruits were dark green and orange varieties,**
- **About one-tenth of meat and alternatives were legumes, and**
- **"Other foods" provided about 25% of the energy intake of adults.**

The findings suggest (along with the *Report on Energy and Nutrient Intakes*) that many British Columbians may be at risk for inadequate intakes of certain nutrients and may be consuming excessive amounts of others, such as saturated fat and sodium.

3.1 Introduction

This is the first report on food group use that used the new food group classification system developed by Health Canada. Thus, comparisons to other surveys such as the *Food Habits of Canadians* (Starkey, et al, 2001) and the *Canadian Community Health Survey* (2000/2001) must be done with caution. Either a different classification based on CFGHE was used (as in the case of the former study) or portion sizes were not examined (as in the case of the latter).

The results provided in this report include both the usual intake of each food group as well as some general characteristics of the one-day diets. The proportion of the B.C. population meeting the minimum recommendations as suggested by CFGHE is reported. From the one-day intakes, the proportion of energy and nutrients provided by each of the four food groups along with the "other foods" group was determined and presented. The distribution of the population's usual intake in relation to portion sizes, as defined by the CFGHE, and the distribution of nutrient intakes from the 51 food sub-groupings from one-day intakes are included in the Appendices.

Since the data in this chapter are presented as either usual intakes or one-day intakes, it is important for the reader to keep the distinction between the two in mind when interpreting the results. As stated by Junkins and Laffey (2003): "On a given day, a diet may meet 0, 1, 2, 3 or 4 of the food group recommendations. However, the adjusted data cannot be used for this purpose. This is because the adjustment is done for each food group separately and does not take the joint distribution of the food groups into consideration. Currently, the Bureau of Biostatistics and Computer Applications in Health Canada is working on a new method that would allow adjustment to look at four variables (i.e., the four food groups) at one time, but this was not available at the time of this report."

This chapter examines food group use of the British Columbian adult population according to sex and the following age groups: 18-34 years, 35-49 years, 50-64 years, 65-74 years and 75-84 years[2]. The effect of education levels, low-income status and geographic strata on food group use was not examined, since it was found previously that these three variables had little effect on the nutrients of concern for the B.C. population (B.C. Ministry of Health Services, 2004). Of the seven nutrients (folate, vitamins B6, B12 and C, calcium, magnesium and zinc) examined, analysis found that education had an impact only on vitamins C and B12, with vitamin C consumption increasing and vitamin B12 consumption decreasing with higher education. Income and geographic strata did not have an effect on the consumption of any of the nutrients of concern.

3.2 Meeting the Minimum Recommendations of Canada's Food Guide to Healthy Eating

The BCNS adjusted data are compared to the minimum recommendations for each of the four food groups in Tables 1 to 4. The full distribution of the number of servings that the B.C. population consumed from the four food groups is presented in Appendix C.

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[2] In this report, unlike the *Report on Energy and Nutrient Intakes*, the age groups do not correspond to the Dietary Reference Intake (DRI) age categories. It was important to reclassify the age groupings for the *Report on Energy and Nutrient Intakes* because comparisons were being made to the DRIs, reference values that were based on specific age groupings (i.e., 19-30, 31-50, 51-70 and 71+). These age-group classifications are not as important when looking at food guidance recommendations, according to Canada's Food Guide to Healthy Eating.

3.2.1 Grain Products

Forty percent of British Columbians did not meet the minimum CFGHE recommendations of five grain servings a day (Table 1), with three times as many women as men falling below the minimum (61.3% versus 19.3%). Generally, the percentage not meeting the minimum recommendation went up with age. As indicated in Appendix C.1, 10% of the population would need to include an extra two servings of grains daily to meet the minimum suggested amount and about 30% would need to add only one more serving.

Table 1 Proportion (%) of the B.C. adult population consuming grain products relative to the recommendations in Canada's Food Guide to Healthy Eating, by age and sex[1]

Sex - Age Group	n	Less Than Suggested Amount (< 5 servings/day)	Suggested Amount (5-12 servings/day)	More Than Suggested Amount (>12 servings/day)
All Participants	1823	40.5	56.7	2.3
All Females	955	61.3	38.9	0
F 18-34	228	53.2	46.8	0
F 35-49	193	59.4	40.6	0
F 50-64	192	70.2	29.8	0
F 65-74	169	70.7	29.3	0
F 75-84	173	66.2	33.8	0
All Males	868	19.3	75.0	5.6
M 18-34	187	13.9	76.1	10.1
M 35-49	150	15.9	79.6	4.5
M 50-64	138	20.9	76.3	2.8
M 65-74	194	30.0	66.4	3.6
M 75-84	199	42.2	57.8	0

[1] The data are adjusted for intra-individual variability and weighted by sample weights to provide population estimates.

Source: Junkins B. and Laffey P., B.C. Nutrition Survey, Canada Food Guide Tables, E451313-011 CFG – V1, 2003. Health Canada.

3.2.2 Vegetables and Fruit

About two-thirds of British Columbians did not obtain the minimum five servings recommended for vegetables and fruit on a daily basis (Table 2). However, opposite to the grain group, vegetables and fruit consumption did increase with age. Again, more women (72.7%) than men (56.3%) had usual intakes below the recommendation at all ages. Appendices C.2a and C.2b show that adults consume more servings of vegetables (mean=2.6) than fruit daily (mean=1.6). Ten percent of the population would need to add three more servings of vegetables and fruit to their daily intake and anywhere from 40-50% of adults would need to consume two-three more servings per day to reach the minimum recommendation of five servings (Appendix C.2).

Table 2 Proportion (%) of the B.C. population consuming vegetables and fruit relative to the recommendations in Canada's Food Guide To Healthy Eating, by age and sex[1]

Sex - Age Group	n	Less Than Suggested Amount (< 5 servings/day)	Suggested Amount (5-10 servings/day)	More Than Suggested Amount (>10 servings/day)
All Participants	1823	64.6	32.3	3.1
All Females	955	72.7	25.3	2.0
F 18-34	228	83.7	16.3	0
F 35-49	193	77.8	19	3.2
F 50-64	192	60.4	35.6	4
F 65-74	169	57.2	42.6	0.2
F 75-84	173	61.6	35.1	3.3
All Males	868	56.3	39.4	4.3
M 18-34	187	62.3	33.9	3.8
M 35-49	150	54.3	40.6	5.1
M 50-64	138	58.4	36.4	5.2
M 65-74	194	47.8	49.5	2.7
M 75-84	199	45.9	50.4	3.7

[1] The data are adjusted for intra-individual variability and weighted by sample weights to provide population estimates.

Source: Junkins B. and Laffey P., B.C. Nutrition Survey, Canada Food Guide Tables, E451313-011 CFG – V1, 2003. Health Canada.

Data are also available from the most recent 2000-01 *Canadian Community Health Survey* (CCHS) on vegetable and fruit consumption among British Columbians, in categories of <five times/day, five to ten times/day and >ten times/day (Statistics Canada, Health Indicators 2002). According to the B.C. data from the CCHS, 60.7% of individuals aged 12 and above consumed vegetables and fruit <five times/day, 34.7% consumed them five to ten times/day and 2.9% consumed them over ten times/day. There were noticeable trends in fruit and vegetable consumption with age, similar to what was observed in the BCNS. In contrast to what was found in the BCNS, the CCHS observed females eating fruits and vegetables more often than males, with 55.5% of females and 66.1% of males consuming vegetables and fruit less than five times/day (unpublished data, B.C. Ministry of Health Planning,

September 2002). However, the CCHS asked consumers about the number of times that they consumed vegetables and fruit per day and did not determine specific portions, as was done in the BCNS. Thus, an hypothesis for explaining the gender differences between the BCNS and the CCHS could be that men ate foods from this group on fewer occasions (so were more likely to consume them less than five times daily), but consumed larger portions of food on each occasion (so were more likely to consume at least five servings per day).

In the *Food Habits of Canadians Study* that included about 1500 adults (18-65 years of age) and 178 adolescents within the sampled households, less than 50% of the participants met the minimum recommendations for vegetables and fruit on the day they were surveyed (Starkey et al, 2001). These researchers found slightly better but still disturbing results for this food group than the BCNS. However, it is difficult to compare the results from both studies for the following reasons:

- They assigned their recall data into food groups based on CFGHE guidelines using a different classification system than the present study,
- The sample was based on a national sample and not broken down into provincial samples,
- Their adult sample only went up to 65 years and the BCNS included individuals from 66-84 years as well and
- The researchers did not adjust their data for usual intakes as was done for the BCNS.

3.2.3 Milk Products

A startling 77% of the population did not consume the minimum recommended servings of milk products a day (two servings) (Table 3). As few as 9% of men aged 75-84 years and 10% of women aged 50-64 years consumed the suggested number of servings daily. In the *Food Habits of Canadians Study*, 42-65% of the adult population had fewer than two servings of milk products per day and this proportion increased with age (Starkey et al, 2001). A similar trend with age was seen for the male population in B.C. To meet the minimum recommended two servings per day, about half of those who did not meet the minimum would need to add up to one more serving per day, while the remainder would need to add between one and two servings per day (Appendix C.3).

Table 3 Proportion (%) of the B.C. population consuming milk products relative to the recommendations in Canada's Food Guide To Healthy Eating, by age and sex[1]

Sex - Age Group	n	Less Than Food Guide (< 2 servings/day)	Suggested Amount (2-4 servings/day)	More Than Food Guide (>4 servings/day)
All Participants	1823	77.4	19.9	2.7
All Females	955	84.6	14.7	0.7
F 18-34	228	80.5	18.7	0.8
F 35-49	193	86.8	12.9	0.2
F 50-64	192	89.9	9.7	0.4
F 65-74	169	86.6	12.8	0.6
F 75-84	173	74.6	20.6	4.8
All Males	868	69.9	25.3	4.8
M 18-34	187	61.4	29.8	8.8
M 35-49	150	68.7	25.7	5.5
M 50-64	138	75.3	24.3	0.3
M 65-74	194	78.2	20.5	1.3
M 75-84	199	91	8.6	0.4

The data are adjusted for intra-individual variability and weighted by sample weights to provide population estimates.

Source: Junkins B. and Laffey P. B.C. Nutrition Survey, Canada Food Guide Tables, E451313-011 CFG – V1. 2003. Health Canada.

3.2.4 Meat and Alternatives

Almost three-quarters of the population consumed enough meat and alternatives to obtain the suggested two servings recommended by the CFGHE, including 13.7 % of men and 2.0% of women who exceeded the CFGHE recommendations (Table 4). However, a larger proportion of women than men did not meet the minimum recommendations, with almost 40% of women consuming less than 100 g/day compared to 13% of men. An astounding 71% of women 75 years and older consumed less than the suggested amount.

Table 4 Proportion (%) of the B.C. population consuming meat and alternatives relative to the recommendations in Canada's Food Guide To Healthy Eating, by age and sex[1]

Sex - Age Group	n	< 100g/day	100g - 300g/day	>300g/day
All Participants	1823	26.4	65.8	7.8
All Females	955	39.8	58.2	2.0
F 18-34	228	48.7	50.6	0.7
F 35-49	193	33	62.9	4.1
F 50-64	192	31	66.7	2.3
F 65-74	169	31.6	68.1	0.3
F 75-84	173	71.3	29.7	0
All Males	868	12.7	73.5	13.7
M 18-34	187	10.5	67.9	21.6
M 35-49	150	15.2	70.9	13.9
M 50-64	138	12.2	79.3	8.5
M 65-74	194	13.4	80.4	6.2
M 75-84	199	11.8	88.1	0

[1] The data are adjusted for intra-individual variability and weighted by sample weights to provide population estimates.

Source: Junkins B. and Laffey P., B.C. Nutrition Survey, Canada Food Guide Tables, E451313-011 CFG – V1, 2003. Health Canada.

3.3 Meeting the Guidance Statements According to Canada's Food Guide to Healthy Eating

To examine the degree of compliance with the guidance statements in CFGHE, the data from one-day intakes were used. Results are presented by proportion of portions and number of portions consumed in one day as shown in Table 5. It is important to note that these values do not reflect usual intakes, nevertheless they still provide an indication of how British Columbian adults are doing with respect to the guidance statements set forth in CFGHE.

3.3.1 Choose Lower Fat Foods More Often

Three of the guidance statements focus on choosing lower fat foods: Choose lower fat foods more often, choose lower fat milk products more often and choose leaner meats, poultry and fish more often. It appears that British Columbians are choosing lower fat milk beverages and baked goods, but higher fat milk products and types of meats.

Of the total portions in the grain products group, 78.5% were lower fat products. For fluid milk and fortified plant beverages, 58% of the portions in one-day diets were low fat choices. However, higher fat milk product choices (such as cheeses) were made more often than lower fat ones. As well, slightly more higher fat beef and processed meats were chosen over the lower fat varieties.

3.3.2 Choose Lower Fat Milk Products More Often

It appears that British Columbians are frequently choosing lower fat milk beverages, but higher fat varieties of other milk products (such as cheese) are being selected. For fluid milk and fortified plant beverages, there were 1651 low fat portions versus 1208 high fat portions. However, higher fat milk product choices were made more often than lower fat ones (1060 higher fat and 185 low fat portions). Sixty-two percent of other milk product choices, not including fluid milk and fortified plant beverages, were types of cheeses and only 7% were yoghurts.

3.3.3 Choose Whole Grain And Enriched Products More Often

Out of the 11482 portions of grain products in the one-day diets, whole grain and non-whole grain enriched products were the most (87.5%) prominent choices. However, only a small percentage of portions were for whole grain products (16.5% for whole grain versus 71% for non-whole grain enriched products).

3.3.4 Choose Dark Green And Orange Vegetables And Orange Fruit More Often

About 41% of the portions consumed from the vegetables and fruit group were fruit items. Of the total portions of vegetables and fruit, 13% were dark green and orange varieties, 9% were potatoes, 16% were fruit juices and 62% were other types.

3.3.5 Choose Leaner Meats, Poultry And Fish As Well As Dried Peas, Beans And Lentils More Often

Adult British Columbians consumed higher fat meats (such as beef and processed meats) (63%) more often than lower fat (37%) varieties.

When estimating the number of portions of legumes compared to other meat and alternate choices, it was found that 8.5% of the total choices (expressed as "50-gram equivalents") for this group were for legumes, while the remainder (91.5%) were for meats, poultry, fish, eggs, nuts and seeds.

Table 5 Food sub-groupings by proportion of portions and number of portions consumed in one-day intake diets of B.C. adults[1,2]

Food Group	Proportion of portions* (%)	Number of portions
Grain Products		
Grain (Whole) - Higher Fat	1.6	185
Grain (Whole) - Lower Fat	14.8	1704
Grain (Non-Whole, Enriched) - Higher Fat	18.5	2128
Grain (Non-Whole, Enriched) - Lower Fat	52.5	6030
Grain (Non-Whole, Non-Enriched) - Higher Fat	1.3	15
Grain (Non-Whole, Non-Enriched) - Lower Fat	11.2	1284
Total	**100**	**11482**
Fruit		
Fruit (Deep Yellow / Orange) - Lower Fat	5.2	195
Fruit Other - Higher Fat	5.4	205
Fruit Other - Lower Fat	54.8	2066
Fruit Juice - Higher Fat	10.4	393
Fruit Juice - Lower Fat	29.0	1094
Fruit Nectar - Lower Fat	0	1
Total	**100**	**3770**
Vegetables		
Vegetables (Dark green, leafy) - Higher Fat	0.5	26
Vegetables (Dark green, leafy) - Lower Fat	9.0	482
Vegetables (Deep yellow/orange) - Higher Fat	0.3	14
Vegetables (Deep yellow/orange) - Lower Fat	9.1	489
Vegetables (White Potato) - Higher Fat	8.1	437
Vegetables (White Potato) - Lower Fat	7.6	409
Vegetables (Other) - Higher Fat	9.4	505
Vegetables (Other) - Lower Fat	56.2	3025
Total	**100**	**5379**
Milk Products		
Milk and Fortified Plant Beverages - Higher Fat	29.4	1208
Milk and Fortified Plant Beverages - Lower Fat	40.2	1651
Milk Products (Other) - Higher Fat	25.8	1060
Milk Products (Other) - Lower Fat	4.5	185
Total	**100**	**4104**

Food Group	Proportion of portions* (%)	Number of portions
Meat[3]		
Meat (Beef, etc.) - Higher Fat	17.2	43248
Meat (Beef, etc.) - Lower Fat	15.3	38652
Meat (Other) - Higher Fat	7.8	19738
Meat (Other) - Lower Fat	2.5	6208
Meat (Poultry) - Higher Fat	12.6	31773
Meat (Poultry) - Lower Fat	16.6	41936
Fish and Shellfish - Higher Fat	5.7	14463
Fish and Shellfish - Lower Fat	9.0	22640
Meat (Processed) - Higher Fat	10.3	25942
Meat (Processed) - Lower Fat	3.0	7539
Total	**100**	**252139**
Meat Alternates[3]		
Legumes - Higher Fat	26.6	18033
Legumes - Lower Fat	13.4	9101
Nuts & Seeds	7.6	5165
Eggs	52.3	35482
Total	**100**	**67781**
Other Foods[4]		
Mostly Fat	1.3	46110
Mostly Sugar	1.2	43644
Higher Salt and/or Higher Fat Snack Foods	0.0	2664
Beverages - Higher Calorie	5.3	189756
Beverages - Lower Calorie	81.5	2929372
Herbs, Spices and Condiments	0.5	18403
Alcohol	7.5	268440
Miscellaneous	1.4	49849
Higher Sugar and/or Fat Foods	1.3	47056
Meal Replacement	0.0	41
Supplements	0.0	16
Total	**100**	**3595351**

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[1] The data are weighted by sample weights to provide population estimates.

[2] Two sub groups are missing from this table, Fruit (deep Yellow / Orange) – Higher Fat, and Fruit Nectar – Higher Fat since there were no foods consumed in these categories by BC adults. Also, the eggs and the nuts and seeds sub groups were collapsed. Thus, there are 49 subgroups presented in this table.

[3] Expressed as number of 50-gram equivalents consumed.

[4] Expressed as grams consumed and not portions.

[5] Includes water, coffee, tea, low-calorie soft drinks.

*Column totals may not add to 100% because of rounding.

3.4 Meeting the Recommendations of Canada's Food Guide to Healthy Eating in Relation to Nutrient Intakes

The Bureau of Biostatistics and Computer Applications in the Food Directorate, Health Canada, (2004) conducted a review of CFGHE to determine if the guidelines, which were released in the early 1990s, still provide adequate nutrition for the Canadian population as suggested by the new Dietary Reference Intakes (DRIs). The Directorate assessed "the nutrient adequacy of diets containing at least the minimum number of servings recommended from each food group and assessed the impact of making food choices consistent with food group specific directional statements on selected micro- and macronutrients." Food Group Scores from 0 to 4 were assigned to reflect the number of food groups for which at least the minimum number of recommended servings was consumed. The results showed that "in diets with a Food Group Score of 4, the observed proportion of diet below the nutrient specific EAR was less than 10% for almost all age and gender groups. The median calcium content of diets with a Food Group Score of 4 was observed to be above the AI for all age and gender groups. The median dietary fibre content of diets with a Food Group Score of 4 was observed to be below the AI for many of the age and gender groups." Thus, higher scores led to an increased proportion of diets meeting the DRI recommendations for most of the micronutrients examined.

Table 6 illustrates the percentage of the B.C. population who met the CFGHE guidelines for zero, one, two, three or four food groups on a given day. For women, only 0.7-3.2% met the minimum suggested servings for all four groups on a given day. Men did only slightly better (5.2-14.2%), with younger men faring the best. However, it is important to note that men tend to have higher daily food intakes than women, making it easier for them to meet the suggested guidelines. As well, in personal communications with Junkins (2003), "just because there were relatively few diets that met all four food groups on a given day, it does not mean that usual intakes do not meet nutritional guidance [as recommended by CFGHE]: Choosing over the long term from diets that meet two, three or four food groups may very well provide usual intake that is suitable. Choosing diets that are always lacking a food group would be a different issue."

Dixon and colleagues (2001) reported that only approximately 1-3% of the U.S. population (adults and youth) ate the recommended number of servings from all five food groups on a given day, values closer to what was observed for the female adult population in B.C. In the U.S.

study, fruits were the most commonly omitted food group, while vegetables and meat were the groups most commonly met by adults. Intakes of the dark green and deep yellow vegetables and whole grains were below the recommended levels and intakes of total fat and added sugars exceeded the current recommendations.

Table 6 Proportion (%) of the B.C. adult population who met Canada's Food Guide to Healthy Eating guidelines for either 0, 1, 2, 3 or 4 food groups according to the BCNS participants' one-day dietary recalls, by each age-sex group[1]

Number of Food Groups Met	Age and Sex Group									
	F18-34	F35-49	F50-64	F65-74	F75-84	M18-34	M35-49	M50-64	M65-74	M75-84
0	10.8	13.2	7.7	6.8	17.8	2.2	2.7	1.7	2.0	4.5
1	38.8	29.0	30.9	32.4	31.2	22.2	13.7	24.3	22.2	29.0
2	32.1	42.3	44.3	42.8	36.0	31.4	39.5	33.5	38.3	35.1
3	15.1	15.0	14.3	16.3	14.4	30.1	32.2	32.4	28.4	26.2
4	3.2	0.7	2.8	1.8	0.7	14.2	11.9	8.1	9.1	5.2

[1] The data are weighted by sample weights to provide population estimates.

Source: Junkins B. and Laffey P., B.C. Nutrition Survey, Canada Food Guide Tables, E451313-011 CFG – V1, 2003. Health Canada.

3.5 Relationship of Food Group Use and Nutrient Intakes in British Columbia

A question that remains to be addressed is how do the food group use results relate to nutrient intakes of British Columbians? To approach this question, the findings from the BCNS *Report on Energy and Nutrient Intakes* (B.C. Ministry of Health Services, 2004) will first be summarized. As well, readers are advised to review Table 7, which lists nutrients provided by various foods and, thus, food groups.

Table 7 Food sources of selected nutrients

Nutrient	Meat and Alternatives	Milk Products	Vegetables and Fruit	Grain Products	Other Foods
Vitamin B6 (Pyridoxine)	Meats, especially organ meats, eggs, fish, legumes		Green leafy vegetables, banana, carrot, potato	Whole grains	Nutritional yeast, wheat germ
Vitamin B12	Meats, especially organ meats, eggs, fish, shellfish	Cheese, yoghurt			margarine, separable meat fats, cream cheese, meat gravies, malted milk (unprepared), meat broth, soups
Vitamin C (Ascorbic Acid)			Fruits, especially citrus fruits and juices, strawberries, cabbage, tomato, potato		
Folate/Folic Acid	Organ meats, nuts, legumes		Green leafy vegetables, asparagus, banana, strawberries	Whole grains, fortified flours, breads, pasta, rice, fortified cereals	Nutritional yeast
Calcium	Oysters, scallops, salmon and sardines with bones, tofu	All	Green leafy vegetables, broccoli, dates, fortified orange juice		Blackstrap molasses
Iron	Meats, liver, eggs, shellfish, nuts, sardines, legumes		Broccoli, peas, spinach, prunes, raisins	Bran, enriched cereals, enriched breads	Blackstrap molasses, wheat germ
Magnesium	Nuts, legumes		Peas	Whole grains	
Zinc	Meat, liver, eggs, shellfish	Cheese	Green leafy vegetables, orange, prunes, strawberries	Whole grains	Chocolate syrup

Source: B.C. Ministry of Health Services, 2004

3.5.1 Summary of Relevant Findings From the BCNS Report on Energy and Nutrient Intakes

Most British Columbians fell in the acceptable macronutrient distribution ranges for carbohydrates (45-65%), total fat (20-35%) and protein (10-30%). Even so, about 25% of the population consumed more than 35% of their energy from fat sources. In addition, half of the population consumed more than 10% of their calories from saturated fats.

Almost all adult British Columbians did not meet the DRI recommendations for fibre (Tables 8 and 9). The median intakes for men and women aged 19-50 years were 17-18 g/d and 13 g/d, respectively. These intakes are well below the Adequate Intakes (AI) (38 g/d for men and 25 g/d for women) for both sexes in this age group. For men and women 51 years of age and older, the median intakes for fibre were 18 g/d and 15-16 g/d, respectively. Again, these intakes are well below the suggested AI for this age range, (30 g/d for men and 21 g/d for women).

Table 8 Distribution of fibre intakes for males by age (expressed as a percentage of the B.C. adult population)

Fibre (g)	**19-30 yr**	**31-50 yr**	**51-70 yr**	**71+ yr**
<10	3	4	7	7
≥10 to ≤15	27	26	28	24
>15 to ≤20	30	35	28	29
>20 to ≤25	23	20	23	22
>25 to ≤30	6	9	5	7
>30 to ≤38	9	3	7	8
>38	1	3	2	3

[1] Adequate Intake (AI) for males 19-50 years of age is 38 g/d and for males 51 years of age and older the AI is 30 g/d. The shaded areas represent the proportion of the population meeting this recommendation.

Source: B.C. Ministry of Health Services, Report on Energy and Nutrient Intakes. 2004.

Table 9 Distribution of fibre intakes for females by age (expressed as a percentage of the B.C. adult population)

Fibre (g)	19-30 yr.	31-50 yr.	51-70 yr.	71+ yr.
<10	18	22	17	15
≥10 to ≤15	45	36	33	25
>15 to ≤20	25	26	28	38
>20 to ≤25	11	12	12	13
>25 to ≤30	0	2	5	6
>30	0	2	4	3

[1] Adequate Intake (AI) for females 19-50 years of age is 25 g/d and for females 51 years of age and older the AI is 21 g/d. The shaded areas represent the proportion of the population meeting this recommendation.

Source: B.C. Ministry of Health Services, Report on Energy and Nutrient Intakes, 2004.

Micronutrients that appear to be potential public health concerns due to inadequacy of intakes included folate, vitamins B6, B12 and C, magnesium and zinc (Table 10). Inadequate iron intakes were only a concern for pre-menopausal women. In addition, median calcium intakes were below the AI for all age/sex groups other than young men. Furthermore, the majority of the population, particularly older men and all women, did not meet the recommendations for calcium as shown in Table 11. The AI for both men and women is 1000 mg of calcium/d for 19-50 year olds and 1200 mg/d for those 51 years of age or older. Median calcium intakes for men and women aged 19-50 years ranged from 883-1030 mg/d and 679-758 mg/d, respectively and for those above 50 years of age the median intakes were 726-771 mg/d for men and 662-666 mg/d for women.

Two-thirds of British Columbians regularly consumed supplements, including nutritional and non-nutritional ones. The nutritional supplements contributed to decreasing (but by no means eliminating) the proportion of inadequacy for many nutrients across age-sex groups. However, the nutrients listed in Table 10 along with calcium remained potential concerns after supplement intake was taken into consideration. For the adult population, the new DRIs recommend that adults over the age of 50 should consume synthetic forms of B12, and indicate that supplementation will likely be necessary to meet the AI for vitamin D for this age group. For all other nutrients, nutritional adequacy can be obtained from foods alone.

Table 10 Prevalence of inadequacy expressed as percentage below the Estimated Average Requirement (EAR) from food sources alone by sex and age (years)

Nutrient	Females				Males			
	19-30	31-50	51-70	71+	19-30	31-50	51-70	71+
Folate	32	40	47	67	*	*	20	35
Vitamin B6	16	19	29	36	*	*	21	19
Vitamin B12	38	25	20	18	*	*	*	13
Vitamin C	33	32	20	26	31	42	34	27
Iron	14	20	*	*	*	*	*	*
Magnesium	37	43	40	45	32	33	44	62
Zinc	11	11	20	19	*	11	26	42

* Prevalence of inadequacy is 10% or less.

Source: BC Ministry of Health Services, Report on Energy and Nutrient Intakes, 2004.

Table 11 Distribution of calcium intakes from food sources by sex and age (years), expressed as a percentage of the B.C. adult population. The shaded areas represent the Adequate Intakes (AI) and the proportion of the population meeting the AI

Calcium (mg)	Males				Females			
	19-30 [1]	31-50 [1]	51-70 [2]	71+ [2]	19-30 [1]	31-50 [1]	51-70 [2]	71+ [2]
<400	2	4	6	8	8	13	12	12
≥400 to <600	9	15	16	21	18	20	32	25
≥600 to <800	20	22	30	34	30	36	25	34
≥800 to <1000	17	22	18	18	18	18	18	14
≥1000 to <1200	12	13	18	9	15	10	9	6
≥1200	41	24	12	9	11	3	4	8

[1] Adequate Intake (AI) for males and females from 19-50 years of age is 1000 mg.

[2] AI for males and females over 50 years of age is 1200 mg.

Source: BC Ministry of Health Services, Report on Energy and Nutrient Intakes, 2004.

3.5.2 Energy and Macronutrients

The percentages of energy and macronutrients contributed by each of the four food groups in CFGHE and the "other foods" category are shown in Table 12. These results are from one-day intakes and are not representative of usual intake, but they do provide an indication of where British Columbians are obtaining their sources of nutrients. For more detailed analysis by age groups and using the 51 food sub-groupings[3], refer to Appendices D and E[4].

Grain products and "other foods" provided the largest contributions to energy intake. In fact, the "other foods" category that consists predominantly of foods high in fat and/or sugar, provided about 25% of the energy intake in the B.C. adult population. Similar results were found by Starkey et al (2001) for the Canadian population they surveyed and by Kant (2000) who examined the contributions of these foods in the U.S. Zizza et al (2001) reported increased snacking in the U.S. from the mid-1970's to the mid-1990's and an increase in the contribution of snacks to energy intake.

The "other foods" that made up the 25% of energy intake in B.C. are listed in Table 13. The contribution of the "other foods" to energy decreased from 29% in young women to 18% in the oldest age group, but the proportion stayed the same for men throughout adulthood (Appendix D.1).

Kant (2000) determined the contribution of energy-dense, nutrient-poor (EDNP) foods to the American diet and the associated nutritional and health implications using the third National Health and Examination Survey (NHANES III). The EDNP foods included visible fats, nutritive sweeteners, sweetened beverages, desserts and snack foods. They supplied about 27% of energy intake and alcohol contributed an additional 4%. Kant reported the relative odds of consuming foods from all food groups and of meeting recommended reference intakes for protein and several of the micronutrients decreased with increasing EDNP food intake ($p<0.0001$). Thus, Kant suggested that EDNP foods were consumed at the expense of nutrient-dense foods and could result in marginal micronutrient intake and poor compliance with nutrient-and food group dietary guidance. In keeping with this line of reasoning, many British Columbians may not be meeting the minimum recommendations from CFGHE due to their high consumption of high energy, high fat "other foods" and placing themselves at risk for compromised nutrient intakes.

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[3] In Health Canada's document on food groups, there are 53 food sub groupings. However, two sub groups, 2111 and 2142 (high fat fruits and high fat nectars), were eliminated since they did not contain any foods. Thus, the tables in the appendices only contain 51 sub-groupings.

[4] Adapted from: Junkins B. and Laffey P., B.C. Nutrition Survey, Canada Food Guide Tables, E451313-011 CFG – V1, 2003. Health Canada.

The contribution of meat and alternatives to protein, total fat and saturated fat in women increased with age and then dropped after age 65 (Appendices D.2, D.3 and D.4). The opposite was true for the contribution of milk products to these three nutrients. There didn't appear to be a set pattern or trend for men. "Other foods" supplied 32.4% and 27.0% of total fat and saturated fat intakes, respectively, for all adults. As stated earlier, one-fourth of British Columbians consumed more than 35% (the upper level of the Acceptable Macronutrient Distribution Ranges; [AMDR]) of their energy from fat and about half consumed more than 10% of their calories from saturated fats. According to the new DRI guidelines, saturated fats do not have a recommended AMDR since they are not deemed essential and there is no evidence suggesting they play a beneficial role in chronic disease prevention (Institute of Medicine, 2002). For saturated fats, it is recommended to consume as little as possible without compromising adequate nutrition provided by the foods that contain these fats. An implication of this for British Columbians would be to reduce their intake of saturated fat and total fats from the "other foods" category and to comply with the food group guidance provided in the CFGHE regarding choosing lower fat dairy products and leaner meats.

Not surprisingly, grain products contributed the most to carbohydrate intakes (43.9%) followed by vegetables and fruit (23.4%). The contribution of vegetables and fruit to carbohydrate intake increased with age for both sexes. There was a concomitant decline in the contribution from "other foods" (Appendix D.5).

Grain products and vegetables and fruit groups contributed equally to fibre intakes. There was a rise in the contribution to total fibre intake of vegetables and fruit for women until age 74. The proportion of fibre intake from vegetables and fruit was relatively constant for men, but increased almost 10 percentage points after age 74 from about 40 to 49% (Appendix D.6). "Other foods" provided only 9% of the total fibre intake (Table 12). For both men and women, a decrease in the contribution of "other foods" to fibre intakes was observed with increasing age.

Table 12 Source of energy and macronutrients expressed as a percentage of each major food group in Canada's Food Guide to Healthy Eating and "other foods" for one-day intakes of adult British Columbians[1,2]

Nutrient	Sex	Grain Products	Vegetables and Fruit	Milk Products	Meat and Alternatives	Other Foods
Energy	All	30.2	14.4	11.8	18.3	25.3
	Females	29.0	15.5	12.8	17.1	25.6
	Males	31.1	13.6	11.2	19.1	25.1
Protein	All	20.5	8.6	18.0	47.2	5.7
	Females	20.3	9.1	19.6	44.6	6.4
	Males	20.6	8.2	17.0	49.0	5.2
Total Fat	All	15.2	7.0	16.8	28.6	32.4
	Females	14.8	6.6	17.7	26.4	34.6
	Males	15.5	7.2	16.3	30.2	30.9
Saturated Fat	All	10.5	5.0	31.4	26.1	27.0
	Females	10.1	4.4	32.5	23.6	29.4
	Males	10.8	5.4	30.7	28.0	25.1
Carbohydrate	All	43.9	23.4	7.1	2.4	23.3
	Females	41.3	25.5	7.9	2.4	22.9
	Males	45.9	21.8	6.4	2.4	23.5
Fibre	All	40.3	42.7	0.8	7.2	9.0
	Females	37.6	45.3	1.1	5.8	9.3
	Males	42.4	40.6	0.6	7.5	8.8

[1] These results are from one-day intakes and are not representative of usual intake. The data are weighted by sample weights to provide population estimates.

[2] Columns may not total 100% because of rounding.

Source: Junkins B. and Laffey P., BC Nutrition Survey, Canada Food Guide Tables, E451313-011 CFG – V1, 2003. Health Canada.

Table 13 Source of energy expressed as a percentage from 'other foods' for one-day intakes of adult British Columbians[1,2]

Other Foods	Females	Males	All
Alcohol	2.9	4.3	3.7
Beverages - Higher Calorie	1.4	2.5	2.0
Beverages - Lower Calorie	2.3	1.8	2.0
Herbs, Spices and Condiments	0.4	0.4	0.4
Higher Salt and/or Higher Fat Snack Foods	0.3	0.4	0.3
Higher Sugar and/or Fat Foods	5.3	3.9	4.5
Mostly Fat	7.5	7.1	7.3
Mostly Sugar	3.6	3.6	3.6
Miscellaneous	1.9	1.3	1.5
Total	25.6	25.3	25.3

[1] These results are from one-day intakes and are not representative of usual intake. The data are weighted by sample weights to provide population estimates.

[2] Columns may not total 100% because of rounding.

Source: Junkins B. and Laffey P. B.C. Nutrition Survey, Canada Food Guide Tables, E451313-011 CFG – V1, 2003. Health Canada.

3.5.3 Vitamins

The discussion in this section focuses on the vitamins that were found to have a high prevalence of inadequacy for the B.C. population (folate, vitamins B6, B12 and C). The contribution of each of the four food groups in CFGHE and the "other foods" category to the vitamin intakes is shown in Table 14. For more detailed analysis by age groups and using the 51 food sub-groupings, refer to Appendices D and E.

Folate deficiency has been associated with cardiovascular disease and neural tube defects. There is also a suggestive association with the development of some forms of cancer and depression (Tucker et al. 1996; Bailey et al. 2001; Willett and Stampfer, 2001; MRC Vitamin Study Research Group, 1991; Czeizel and Dudas, 1992). According to the findings of the BCNS, a large proportion of older men and adult women of all ages were below the EAR for this vitamin (Table 10) from food sources alone. When supplement intake was taken into account, there was still an appreciable proportion of the total population (8% of men and 25% of women) not meeting the recommendation.

The major food sources of folate are grain products, vegetables and fruit and legumes (Table 7). In 1998, the federal government mandated that flours, grains and pastas be fortified with folic acid to help reduce the risk of neural tube defects (Health Canada, 1998). The contribution of fortification to folate intakes is reflected in the proportion of the food groups supplying this vitamin, with almost two-thirds coming from the grain products group (54%) and the "other foods" category (9.3%), which consists of high-fat, high-sugar baked goods such as donuts (Table 14). Almost 25% of folate came from the vegetables and fruit group and meat and alternatives provided 8.3%. The amount of folate contributed by grain products went down with age for both sexes: Among women it went from 55% to 40% and among men from 59% to 46% (Appendix D.7). However, the amount supplied from the vegetables and fruit group increased with age.

Although the two major contributors to folate intakes were grain products and the vegetables and fruit group, the high prevalence of inadequacy of folate in the B.C. population is more than likely attributed to the high proportion of adults not consuming the recommended number of servings from these two food groups.

As with folate, low serum levels of vitamin B6 are associated with high blood homocysteine levels, a known risk factor for heart disease (Institute of Medicine, 1998). Between 19-21% of men over 50 years of age and 16-36% of women in the B.C. population had vitamin B6 intakes below the EAR from food sources alone (Table 10).

Most of the vitamin B6 came from the vegetables and fruit (37.2%) and meat and alternatives (29.9%) groups according to Table 14. With increasing age, there was a steady increase in the contribution from vegetables and fruit to this vitamin for both sexes while the contribution from the "other foods" declined (Appendix D.8). To decrease the prevalence of dietary B6 inadequacy, all age/sex groups of adults would need to increase their consumption of vegetables and fruit to recommend amounts and women would need to consume about 100 more grams of meat and alternatives daily.

Vitamin B12, needed for the maintenance of hematological status and homocysteine metabolism, along with folate and vitamin B6 (Institute of Medicine, 1998), is obtained from animal products such as meats and milk and milk products (Table 7). Thus, it is not surprising that these two food groups provided an appreciable amount of the vitamin for B.C. adults, with 56.1% coming from meat and alternatives and 23.4% from milk products (Table 14)[illegible].

[illegible] The "other" foods appears to be the third largest contributor to B12, with 10% coming from high calorie beverages (Appendix E.9). This result is due to an error in the database. The only food in that particular food sub grouping containing a high amount of vitamin B12 is the "Clam and Tomato Juice, Canned". It appears that the vitamin B12 value for that food to be too high according to a response from the US Department of Agriculture on this matter, explaining the contribution of "Beverages – High Calorie" to the vitamin B12 intakes of the BC population. At this time, we do not know what the correct value is for B12 from this food item.

Table 14 Source of vitamins expressed as a percentage of each major food group in Canada's Food Guide to Healthy Eating and other foods for one-day intakes of adult British Columbians[1,2]

Nutrient	Sex	Grain Products	Vegetables and Fruit	Milk Products	Meat and Alternatives	Other Foods
Folate	All	54.0	24.5	4.0	8.3	9.3
	Females	50.7	27.6	4.3	8.4	9.0
	Males	56.3	22.3	3.8	8.2	9.5
Vitamin B6	All	16.4	37.2	7.5	29.9	8.9
	Females	15.7	40.5	8.1	27.8	8.0
	Males	16.9	34.9	7.2	31.5	9.6
Vitamin B12	All	2.2	2.1	23.4	56.1	16.2
	Females	2.3	1.1	25.9	50.7	20.1
	Males	2.2	2.7	21.8	59.7	13.6
Vitamin C	All	0.4	88.5	2.4	1.3	7.4
	Females	0.4	89.1	2.3	1.2	7.0
	Males	0.5	87.9	2.5	1.4	7.8

[1] These results are from one-day intakes and are not representative of usual intake. The data are weighted by sample weights to provide population estimates.

[2] Columns may not total 100% because of rounding.

Source: Junkins B. and Laffey P., B.C. Nutrition Survey, Canada Food Guide Tables, E451313-011 CFG – V1, 2003. Health Canada.

The contribution of vitamin B12 from the meat and alternatives group went from 38% in young women to 58% in women aged 50-64 and then dropped again to 49% for women in the oldest age groups (Appendix D.9). With men, there was a decrease with increasing age, until after age 74 when the contribution rose to 71%.

As noted in Table 10, 7-13% of men and 18-38% of women were below the EAR for vitamin B12. The proportion of women below the EAR was reduced substantially when supplements were consumed, but there was still 10-21% of this population with inadequate intakes (B.C. Ministry of Health Services, 2004). Supplements had little effect on the intakes of the male population. Consuming at least one more serving of milk products and another 100g/d from the meat and alternatives group for women would help British Columbians receive adequate intakes of B12. Even so, it is still advised that the older age groups (above 50 years) consume a B12 supplement, since 10-30% of this group may have decreased absorption of the vitamin, placing them at a higher risk for B12 deficiency (Institute of Medicine, 1998).

Vitamin C, as an antioxidant, plays a role in lowering the risk for cardiovascular disease, some cancers and macular degeneration (Rose et al, 1998). Good food sources of this vitamin are from the vegetables and fruit group (Table 7) and, consequently, almost 90% was provided from this food group for all adults (Table 14). The contribution went up with age for women, but stayed relatively the same for men (Appendix D.10).

While vegetables and fruit provided almost all of the vitamin C, the number of servings that adults consumed was below the daily suggested amounts for this food group by an average of one to three servings. Thus, not surprisingly, there was a high prevalence of inadequacy of vitamin C observed in B.C. as shown in Table 10. About one-third of the population had intakes below the EAR from food sources alone and this proportion decreased to about 21% once supplement intake was included (B.C. Ministry of Health Services, 2004).

3.5.4 Minerals and Electrolytes

Calcium, iron, magnesium and zinc were found to be nutrients of concern for the B.C. adult population (B.C. Ministry of Health Services, 2004). The contributions of the four food groups and the "other foods" category to these minerals as well as sodium intakes are found in Table 15. The contributions to these nutrients from all 51 food sub-groupings are found in Appendices D and E.

Calcium is important for the maintenance of bone health and prevention of osteoporosis in adulthood (Institute of Medicine, 1997; Osteoporosis Society of Canada, 1993) and may also have a role in the prevention of hypertension. The major food sources of calcium are from the milk products group (Table 7). As shown in Table 15, almost 58% of adult British Columbians' calcium intakes came from this group. The contribution of calcium from the milk products group went down with age for both men and women until 74 years of age (Appendix D.11). Even though education campaigns and increased knowledge have resulted in British Columbians drinking lower fat milks, as shown in Table 5, of great concern is the high proportion (77%) not meeting the suggested number of servings in CFGHE. This finding is reflected in the fact that calcium intakes for the majority of adults in B.C. were below the AI for their age group, particularly for older men and all women, as depicted in Table 11.

Low iron stores and eventual iron deficiency anemia can result from inadequate iron intakes (Institute of Medicine, 2001). Foods that contribute to iron are either heme sources, such as meats (more efficiently absorbed) or non-heme sources such as those found in the grain products group (Table 7). As expected with the trend to decrease red meat consumption in North America, most of the iron was provided by grains

(Table 15) and only one-fifth of the contribution came from the meat and alternatives group. The youngest and oldest groups of women had the smallest contribution of iron intakes from the meat and alternatives group, compared to all other age-sex groups examined (Appendix D.12).

According to the BCNS, only pre-menopausal women were at risk for inadequate iron intakes (Table 10). These women are most at risk for iron deficiency anemia because of low intakes and monthly blood loss due to menstruation (Institute of Medicine, 2001). Almost half of women aged 19-34 and 33% from 35-49 years did not consume adequate amounts of meat and alternatives in B.C. As well, 53% and 59% of these women, respectively, did not eat five servings of grain products daily. Together, these findings could contribute to the inadequate intakes of iron observed for pre-menopausal women.

Magnesium plays a role in normalizing blood pressure and is a co-factor for over 300 enzyme systems. Inadequate magnesium intakes can result in multiple metabolic and nutritional disorders (Institute of Medicine, 1997). The percentage of the B.C. adult population below the EAR for magnesium was high for all sexes and ages, with a range of 32-51% from food alone (Table 10) and 26-40% from food and supplements (B.C. Ministry of Health Services, 2004). Magnesium is found in foods from all food groups as seen in Tables 7 and 15. As stated earlier, only a small percentage of the population met the minimum recommendations for all four food groups on a given day. By following CFGHE and getting a variety of foods, it is probable that more British Columbians would be consuming adequate amounts of this mineral.

Zinc is involved in the maintenance of protein structures and gene expression (Institute of Medicine, 2000). It may play a role in the development and prevention of age-related eye disease (Hammond and Johnson, 2002) and in the prevention of some types of cancers. As shown in Table 10, 7-42% of British Columbians were below the EAR for zinc. Older adults (>50 years), especially men, had the largest proportions below the EAR. Table 15 shows that the meat and alternatives group contributed the most to zinc intakes (46.2%), followed by grain products (19.4%) and then milk products (15.0%). Again, by meeting the minimum suggested amounts in CFGHE for all food groups, more B.C. men and women would be consuming adequate zinc.

Table 15 Source of minerals and electrolytes expressed as a percentage of each major food group in Canada's Food Guide to Healthy Eating and other foods for one-day intakes of adult British Columbians[1,2]

Nutrient	Sex	Grain Products	Vegetables and Fruit	Milk Products	Meat and Alternatives	Other Foods
Calcium	All	13.4	11.0	57.4	6.5	11.7
	Females	12.7	11.7	56.9	6.3	12.4
	Males	14.0	10.5	57.7	6.7	11.1
Iron	All	44.8	18.1	2.6	22.5	12.0
	Females	43.0	19.8	2.8	21.1	13.4
	Males	46.1	16.9	2.4	23.6	11.0
Magnesium	All	27.0	21.7	12.8	17.2	21.3
	Females	25.7	22.9	13.0	15.9	22.5
	Males	28.0	20.8	12.7	18.2	20.3
Zinc	All	19.4	9.9	15.0	46.2	9.5
	Females	19.5	11.0	16.2	41.6	11.8
	Males	19.4	9.2	14.2	49.4	7.9
Sodium	All	24.9	12.4	12.4	17.9	32.5
	Females	24.4	12.7	13.2	16.5	33.3
	Males	25.2	12.2	11.8	18.9	31.9

[1] These results are from one-day intakes and are not representative of usual intake. The data are weighted by sample weights to provide population estimates.

[2] Columns may not total 100% because of rounding.

Source: Junkins B. & Laffey P., BC Nutrition Survey, Canada Food Guide Tables, E451313-011 CFG – V1, 2003. Health Canada.

Sodium is an important electrolyte for the maintenance of normal blood pressure. However, it has been shown to play a role in hypertension and heart disease. Dietary guidance recommends that Canadians should limit their sodium intake (Health and Welfare Canada, 1990). As expected, most of the sodium in the diets of B.C. adults came from the "other foods" category and the grain products group. Following the recommendations of CFGHE and limiting the consumption of "other foods" could reduce sodium intakes.

4.0 Conclusions and Implications

The *Report on Food Group Use* has contributed to our understanding of food patterns of British Columbians as well as the nutrient inadequacies observed and presented in the *Report on Energy and Nutrient Intakes* (B.C. Ministry of Health Services, 2004). Key findings include:

- The majority of adult British Columbians did not meet the minimum CFGHE recommendations for vegetables and fruit (64.5%) and milk products (77.4%). However, in many cases, adults only needed to add one or two more servings to their daily diets, an achievable goal.
- About 61% of women did not consume the minimum recommended servings of grain products and 49% did not consume enough meat and alternatives, compared to 19% and 13% of men.
- From the one-day intakes, we examined the guidance statements included in CFGHE and observed the following:

  Choose lower fat foods more often.
  - British Columbians are choosing lower fat milk beverages and grain products but higher fat milk products and types of meats.

  Choose lower fat milk products more often.
  - Most B.C. adults chose lower fat milk beverages. However, higher fat choices were frequently made for milk products (such as cheese) other than fluid milk.

  Choose whole grain and enriched products more often.
  - A large majority of grain product choices complied with this guidance statement. However, relatively few whole grain choices were made as compared to enriched products.

  Choose dark green and orange vegetables and orange fruit more often.
  - Dark green and orange fruit and vegetables represented only 13% of the total portions of vegetables and fruit consumed. Potatoes comprised about 9% of total portions for this food group while 62% of portions were for other types.

  Choose leaner meats, poultry and fish, as well as dried peas, beans and lentils more often.
  - Adult British Columbians consumed higher fat meats more often than lower fat varieties.
  - 8.5% of the food choices for meats and alternates on a given day were for legumes, while the remainder was for meats, poultry, fish, eggs, nuts and seeds.

- Only a very small proportion of adult British Columbians met the minimum CFGHE recommendations for all four food groups on a given day. Findings from Health Canada indicate that diets meeting the minimum recommendations for all four food groups resulted in an increased proportion of these diets meeting the Dietary Reference Intakes' recommendations for most of the micronutrients examined (Health Canada, 2004).
- The "other foods", primarily foods that are high in fat and/or sugar, provided about 25% of the energy intake of adults on a given day.

This report provides important new information on food group use and the relationship of food group use to the nutrient intakes of the B.C. adult population. While it is encouraging to know that nutritional adequacy can be obtained by following CFGHE, it is distressing to learn that only a small fraction of British Columbians met the minimum guidelines for all four food groups on a given day.

These findings along with the results presented in the *Report on Energy and Nutrient Intakes* (B.C. Ministry of Health Services, 2004) suggest that many adult British Columbians are at risk for inadequate intakes of certain nutrients and may be consuming excessive amounts of others, such as saturated fat and sodium. Supportive environments and appropriate programs are key to enabling individuals and their families to develop and maintain eating habits according to CFGHE, thus minimizing the risk of nutrition-related diseases and disorders. Educational strategies are needed to support all British Columbians in their review and assessment of their diets according to CFGHE, an important initial step in identifying potential inadequacies. Nutrition education through nutrition labeling on food products, mass media advertising, in the workplace and in schools is needed to increase public awareness of what constitutes healthy eating. Increased access to programs and tools that improve eating habits is essential as is increasing the availability of a wide variety of healthy food choices in restaurants, workplaces and schools. Inter-ministerial collaboration at various government levels along with non-government agencies and industry will be essential to develop appropriate policies and strategic plans in an attempt to reduce the prevalence of nutrient inadequacies and consequently, reduce the risk of diet-related chronic diseases in B.C.

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Appendix A

Canada's Food Guide to Healthy Eating

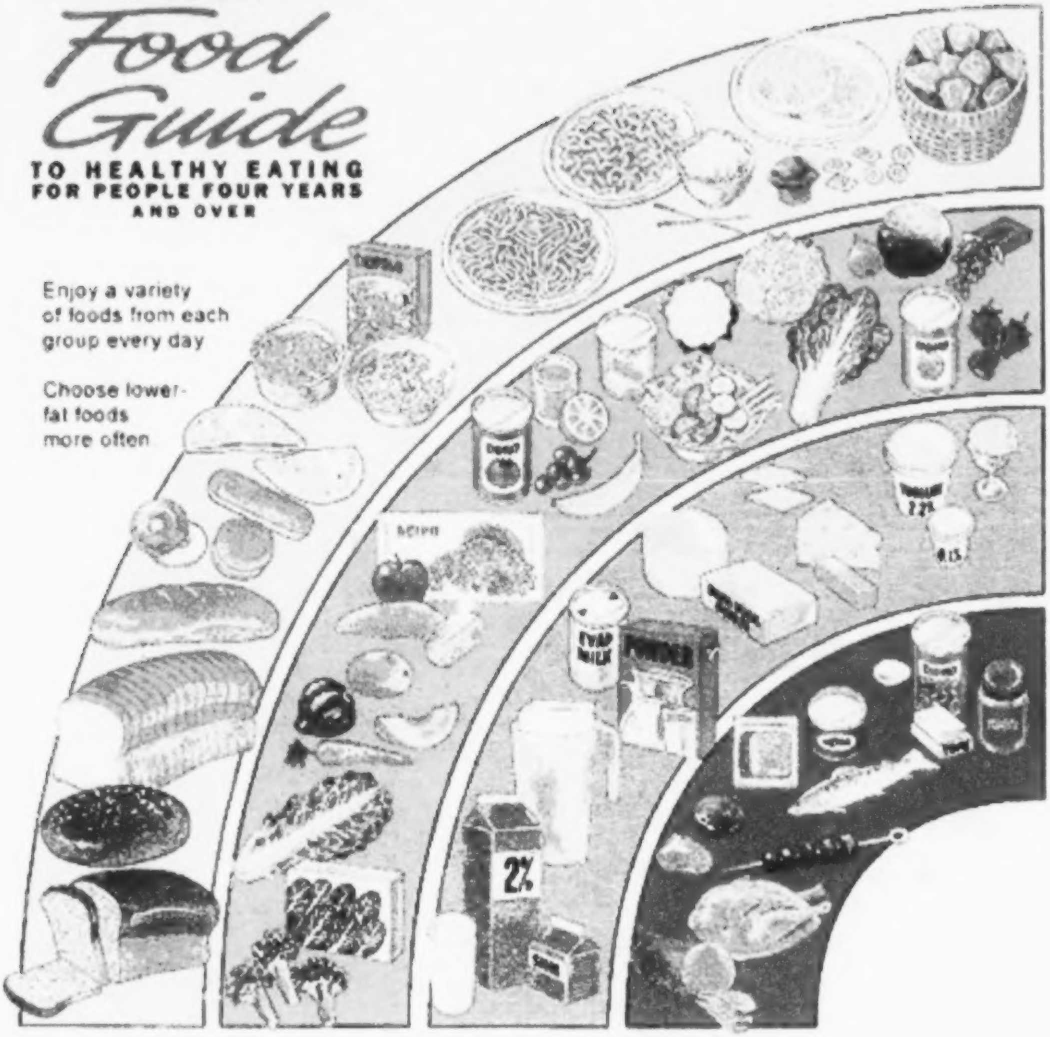
Health Canada Santé Canada

CANADA'S Food Guide

TO HEALTHY EATING
FOR PEOPLE FOUR YEARS
AND OVER

Enjoy a variety of foods from each group every day

Choose lower-fat foods more often



Grain Products

Choose whole grain and enriched products more often.

Vegetables and Fruit

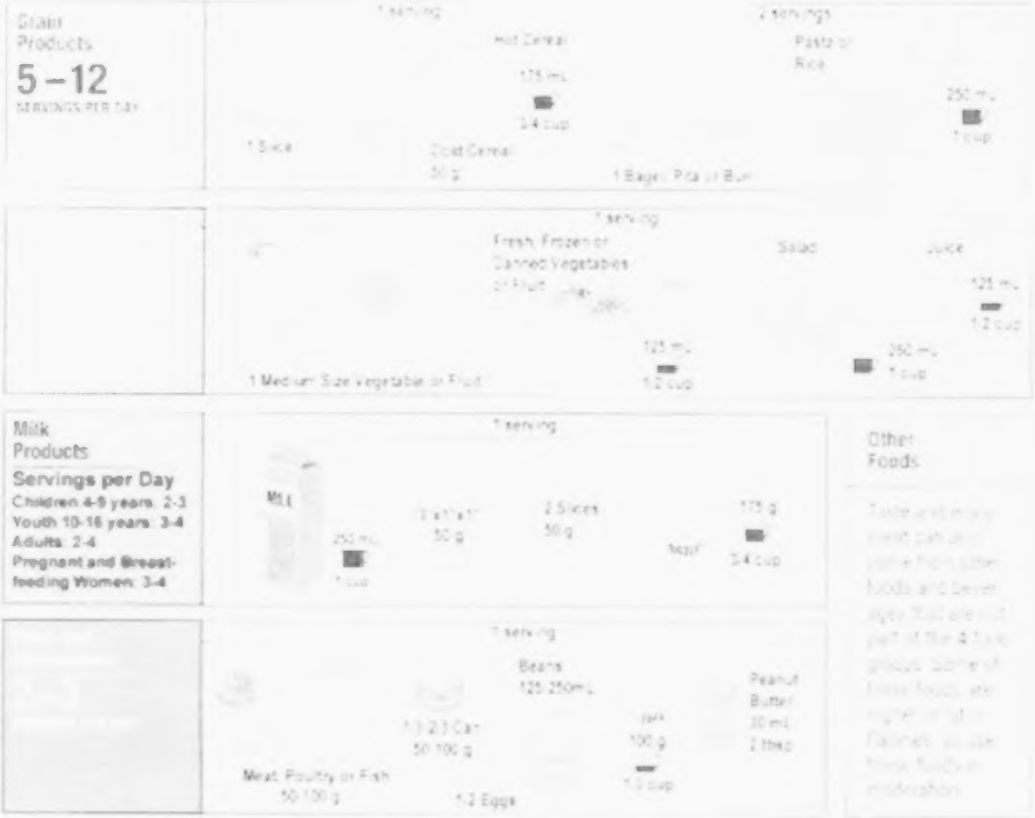
Choose dark green and orange vegetables and orange fruit more often.

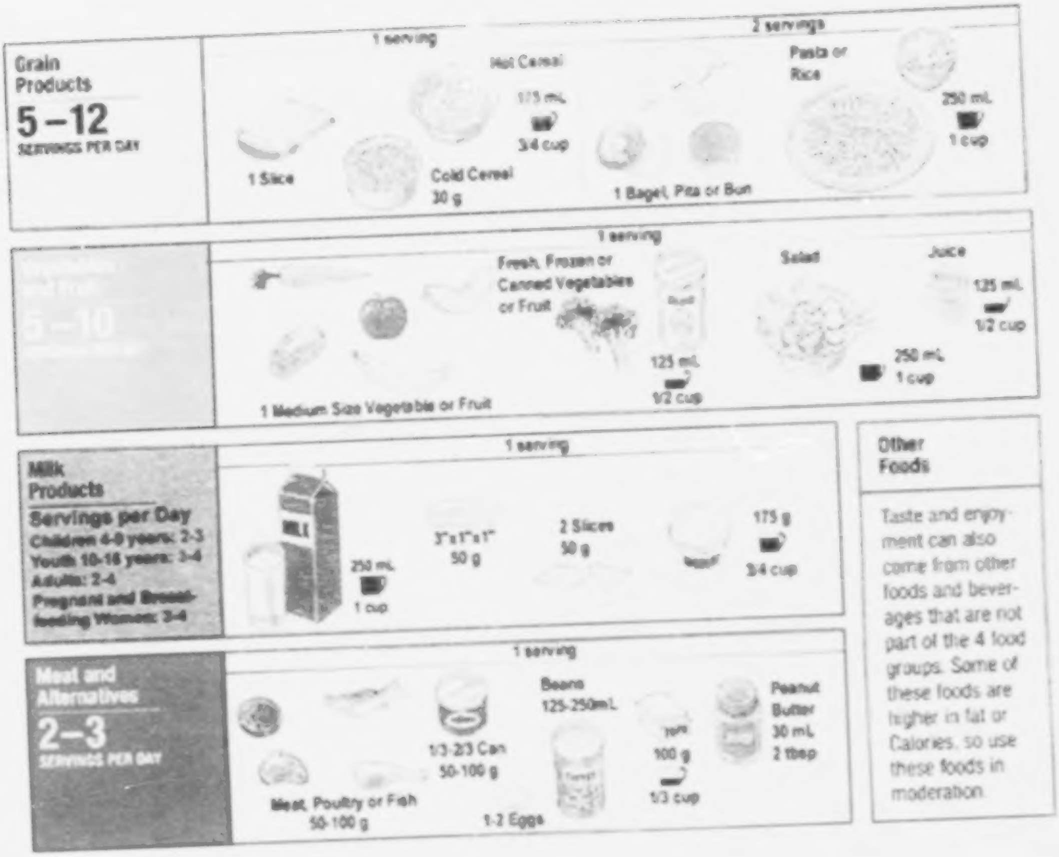
Milk Products

Choose lower-fat milk products more often.

Meat and Alternatives

Choose leaner meats, poultry and fish, as well as dried peas, beans and lentils more often.


Grain
Products
5 – 12
SERVINGS PER DAY
1 serving
Hot Cereal
175 mL
3/4 cup
1 Slice
Cold Cereal
30 g
1 Bagel, Pita or Bun
2 servings
Pasta or
Rice
250 mL
1 cup
1 serving
Fresh, Frozen or
Canned Vegetables
or Fruit
125 mL
1/2 cup
1 Medium Size Vegetable or Fruit
Salad
250 mL
1 cup
Juice
125 mL
1/2 cup
Milk
Products
Servings per Day
Children 4-9 years: 2-3
Youth 10-16 years: 3-4
Adults: 2-4
Pregnant and Breast-feeding Women: 3-4
1 serving
MILK
250 mL
1 cup
3"x1"x1"
50 g
2 Slices
50 g
Yogurt
175 g
3/4 cup
1 serving
Meat, Poultry or Fish
50-100 g
1/3-2/3 Can
50-100 g
1-2 Eggs
Beans
125-250 mL
Tofu
100 g
1/3 cup
Peanut
Butter
30 mL
2 tbsp
Other
Foods
Taste and enjoyment can also come from other foods and beverages that are not part of the 4 food groups. Some of these foods are higher in fat or Calories, so use these foods in moderation.



Taste and enjoyment can also come from other foods and beverages that are not part of the 4 food groups. Some of these foods are higher in fat or Calories, so use these foods in moderation.

Appendix B

B.C. Nutrition Survey, Canada Food Guide Tables

BC Nutrition Survey
Canada Food Guide Tables
E451311-011 CFG - V1

January 2003

B. Junkins
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Table of Contents

1. Introduction

2. Food Group Assignments
    2.1 Process to develop and assign groups and portions
    2.2 BBCA Processing
    2.3 Discussion about Meat and Alternative Portions
    2.4 Adjustment for Usual Intakes

3. Description of Tables

    3.1 Table 1: Percentiles of Usual Intake by Age and Sex
        Table 1.1 Meat and Alternative usual equivalent 50 gm distribution
        Table 1.2 Grains usual portion distribution
        Table1.3 Milk and Milk product usual portion distribution
        Table 1.4 Fruit and Veg usual portion distribution
        Table 1.5 Vegetable usual portion distribution
        Table 1.6 Fruit usual portion distribution
        Table 1.7 Other food usual gram distribution

    3.2 Table 2: Percentage of population meeting recommendations: usual intakes relative to the food guide

        Table 2.1 Grains usual portions
        Table 2.2 Fruit and Veg usual portions
        Table 2.3 Milk and Milk Products usual portions
        Table 2.4 Meat and alternative 50 gm equivalent usual portions
        Table 2.5 Meat and alternative 50 gm equivalent usual grams of intake

    3.3 Table 3: Profile of One Day Diets
        Table 3.1 Total number of different food group requirements met by one day diets
        Table 3.2 Percentage of one day diets meeting each of the four food groups
        Table 3.3 Profile of the combination of food groups met by one day diets

    3.4 Table 4: Source of Nutrients* in One Day Diets
        Table 4.1 By major food group, summary by age-sex group
        Table 4.2 By detailed food groups, summary by age-sex group
        Table 4.3 By high/low fat designation, summary by age-sex group
        Table 4.4 By major food group, summary by sex
        Table 4.5 By detailed food groups, summary by sex
        Table 4.6 By high/low fat designation, summary by sex

*For selected nutrients: energy, protein, carbohydrate, lipid, total saturated fat, total dietary fibre, iron

4. Tables of results
5. References

Appendix

A1 Canada's Food Guide to Healthy Eating
A2 Food Grouping and Sub-Grouping System
A3 Variance Components for Food Groups

BC Nutrition Survey
Canada Food Guide Tables

1. Introduction

Over the past decade, there has been increasing interest not only in the impact on health from the strictly nutrient components of food, but from the food and food components themselves. In Canada, a key document for guiding food choices has been Canada's food guide to Healthy Eating. Originating in the 1940's (known as "Canada's Official Food Rules") the concept evolved to a total diet approach with the 1992 release of the current Canada's Food Guide to Healthy Eating (CFG). This approach tried to address both nutrient and energy requirements, recognizing that energy needs will vary between individuals. The current CFG (see Appendix I) provides advice on the type of overall dietary pattern, and food choices that would likely provide the needed levels of essential nutrients while reducing the risk of chronic disease, reflecting the dietary guidelines from the Nutrition Recommendations (1990) (personal communication S. Katamay(2002), ONPP, HC)

Assessment of the Canadian population relative to the CFG historically has been difficult for a number of reasons. First, the CFG was not developed as an assessment or monitoring tool, not meant to be prescriptive, so it may seem vague and too general for these purposes: translating vagaries into consistent, unambiguous measures is very challenging and contentious. Second, foods may not neatly fall into a single food group: some splitting of combination foods seems sensible, but classifying the smallest of ingredients may not but there is no clear line that can be drawn. Third, detailed multiple day records or recalls are needed to form the food groupings at the appropriate level of refinement.

In 2001 the Food Directorate of Health Canada (HC) embarked on a rigorous, systematic review of all of the foods on the Canadian Nutrient File with the goals of: articulating a clear, transparent rigorous approach to applying the principals of CFG in a standardized fashion; provide portion Assignments and food grouping information on a wide range of foods; standardize the reporting of data within food groups; breakdown diets into CFG servings (HC Working Group (2002)).

The BC Food and Nutrition Survey (BCFNS) in 1999 collected, in part, detailed 24 hour recall data on 1823 individuals. While substantial analysis has considered nutrient intakes, there was a significant interest in analysis from a CFG point of view. As a result, the CNF related initiative was extended to apply to the BCFNS foods and recipes. This report provides some background on the process used to assign food groups and portions, the treatment of the BCFNS data by the Bureau of Biostatistics and Computer Applications in HC and some preliminary tables of one day and usual intake results.

2. Food Group Assignments

2.1 Process to develop and assign groups and portions

A working group was formed in Nutrition Research Division of BNS with collaborators from Nutrition Evaluation Division, Bureau of Biostatistics and Computer Applications, Office of Nutrition Policy and Promotion. The details of the rationale, general approach, groupings, serving sizes and thresholds for assigning foods are available in the additional reference material provided separately. (See HC Working Group (2002)) (Note: These documents will form the foundation of more formal public documentation, and should be considered as works in progress at this time) In general, the approach was set out to be consistent, unambiguous, standardized, free from bias, transparent as possible. Consistency was a key operating principal, considering consistency: within a food group; across food groups; with the original intent of the CFG. "Translating" the intent of the CFG so that it could be used as an assessment or monitoring tool was extremely challenging, particularly when setting portion sizes, and classifying into food sub groupings.

It was decided at the outset that it was important to capture as many of the CFG messages as possible, in addition to the four food groups - guidance such as:

Choose lower-fat foods more often
Choose whole grain and enriched products more often
Choose dark green and orange vegetables and orange fruit more often
Choose lower-fat milk products more often
Choose leaner meats, poultry and fish, as well as dried peas, beans and lentils more often

A system of subgroup classifications was devised that would allow each of these points to be captured. (See Appendix II)

Rationales were developed for both portion sizes and classification into the subgroupings. These were reviewed informally by colleagues external to HC and revisions made.

The original classifications and portion sizes were established with the CNF in mind. A file closely linked to the CNF is that used for the assigning nutrient composition to the Federal Provincial Nutrition surveys in the Nutrition Survey System (NSS). The NSS file has significantly more foods as well as a complex recipe data base. Reported foods could be coded either as basic foods or as recipes with ingredients. The 24 hour recall detailed data files stores all of the ingredients for each of the recipes reported so that the recipe can be rolled up and treated as a single food vehicle, or it can be considered in terms of the ingredients. To extend the decisions from the CNF to the NSS file required a number of additional steps.

First, each recipe had to be considered to determine if it should be treated as a food as a whole, or if the ingredients should be considered as foods separately. A coding system was developed that identified these options, as well as a third option where a recipe was to be rolled up, but split into a two or three food groups. The examples below illustrate the difference in the three recipe cases:

Case 1: Ignore the recipe structure, and classify the ingredients into CFG food groups
- recipes such as beef stroganoff, an ice cream sandwich, double hamburger on a bun

Case 2: Treat the whole recipe as a single food for classification into a single CFG food group
- recipes such as reconstituted dry milk, ice cream, breaded pork chop, bagel

Case 3: Treat the whole recipe as a single food but classify into two CFG food groups
- recipes such as pies, some soups, some chicken pot pies

The basic foods were reviewed individually as well, and of the 4566 foods (not all cited in BC) coded into food guide groups on the database, 89 were flagged to be broken into more than one CFG group.

2.2 BBCA Processing

The food and recipe classifications were provided to BBCA in Excel files and after review, were matched to the foods and recipes on the BC recalls. Two modifications were made from the original classifications. First, a unique classification for foods and recipes was required in order to track the contribution of nutrients into the CFG groups. As a result, the 89 foods originally suggested to be split into more than one group were reassigned to a single food group using similar foods on the file. In the BC survey , there were 20 of these foods in 56 citations (of a total of 66319 food citations) so the impact of this is extremely small.

The third recipe case described above also was not operationally possible in the survey databases for the same reason. After discussion with BNS, it was decided to treat these recipes in terms of their ingredients. In BC there were 1504 recipes and of these 540 were taken apart and ingredients classified (case 1 above), 906 rolled up and treated as a food (case 2 above) and 58 originally to be treated like case 3 but instead were treated like case 1 and the ingredients classified into food groups. These 58 recipes were cited in 2.5% of the 11403 recipe citations in the survey, so again, the impact of this will be very small.

Once all food and recipes were assigned to a food guide, the number of portions was calculated. For all food groups except meat and alternatives, the number of portions was calculated directly by dividing the grams consumed by the portion size. For meal replacement, and the "other" food group, the grams consumed were tracked since no portions were assigned. There was an additional step for meat and alternatives that led to the calculation of "equivalent 50 grams" and then portions determined as described below.

All estimates in the tables used first day intakes, and were weighted by sample weights to provide population estimates.

2.3 Discussion about Meat and Alternative Portions

The food guide provides a range of grams for a single portion: 50-100 grams meat poultry or fish, 1-2 eggs etc. However, it also provides fixed gram sizes for others - 100 gm tofu, 30 ml peanut butter. In order to reflect the spirit of the food guide, two principals became important: "equivalent 50 grams" and "sliding window" . It was decided that for foods with fixed portion sizes, one portion would be considered as "equivalent 50 grams" of cooked meat poultry and fish. Then the "equivalent 50 grams" for those foods, plus that actual grams of cooked meat poultry and fish were totalled over the day (raw foods were scaled to reflect cooked amounts). This total "equivalent 50 gram" amount was then compared to a "sliding window" scale based on 50-100 gms meat poultry fish as one serving. The scale used was:

25-49 grams would be ½ serving
50 - 99 grams would be 1 serving
100 - 300 would be 2-3 servings
301-600 grams would be 4-6 servings.

The results presented here pertain to the "equivalent 50 gram " and the "sliding window" portions.

2.4 Adjustment for Usual Intake

As in food recalls, CFG portions vary not only from person to person, but for the same person from day to day termed intra-individual variability . To transform, or adjust the one day intakes to estimate usual intakes for nutrients, a hierarchical analysis of variance is used, and is outlined in the BC methodology document BBCA Technical Report 451311-011 (Hayward (2003)).

The same technique was successfully applied to the main food groupings including the meat and alternative 50 gram equivalent intakes. The variance components for the procedure and the transformations used are attached in Appendix III. These data adjusted for intra-individual variability are used to estimate the proportion of the population meeting or exceeding the CFG recommendations, and the percentiles of the usual distribution shown in Tables 1 and Tables 2 below.

3. Tables

All estimates in the tables used first day intakes, and were weighted by sample weights to provide population estimates.

There are four groups of tables provided looking both at the usual intake of each food group as well as some general characteristics of the one day diets. It is important to keep the distinction between ususal intakes and one day intake in mind when interpreting these tables as well as planning further work.

Table 1: Percentiles of Usual Intake by Age and Sex

This uses usual intake to estimate the percentiles of the usual distribution of intakes in terms of portions and grams for the food groups

Table 1.1 Meat and Alternative usual equivalent 50 gm distribution
Table 1.2 Grains usual portion distribution
Table 1.3 Milk and Milk product usual portion distribution
Table 1.4 Fruit and Veg usual portion distribution

Table 1.5 Vegetable usual portion distribution
Table 1.6 Fruit usual portion distribution
Table 1.7 Other food usual gram distribution

Table 2: Percentage of population meeting recommendations: usual intakes relative to the food guide

. Here the range in the food guide was considered to offer guidance on both and minimum and maximum intakes

Table 2.1 Grains usual portions
Table 2.2 Fruit and Veg usual portions
Table 2.3 Milk and Milk Products usual portions
Table 2.4 Meat and alternative 50 gm equivalent portions
Table 2.5 Meat and alternative 50 gm equivalent

Table 3: Profile of One Day Diets
Table 3.1 Total number of different food group requirements met by one day diets
Table 3.2 Percentage of one day diets meeting each of the four food groups
Table 3.3 Profile of the combination of food groups met by one day diets

On a given day, a diet may meet 0, 1,2, 3 or 4 of the food group requirements. It is important to note that the adjusted data cannot be used for this purpose. This is because the adjustment is done for each food group separately and does not take the joint distribution of the food groups into consideration. (BBCA in Health Canada has a new method that allows adjustment to look at two variables at a time and is currently hoping to extend the method to the four variable case in the future.)

Table 3.1 lists the number of food groups that are consumed at the recommend level or better in a one day diet. Using the Age-Sex group of 18 to 34 year old males as an example:

- 2.26% of this population the one day diets did not meet the requirements in any of the four food groups;.
- 22.17% one day diets met the requirement in only one of the four food categories (any one of the four)
- 31.38% of one day diets met the guidelines for any two food groups
- 14.23% of the one day diets met the guidelines for all four food categories.

Table 3.2 has entires for each of the four food groups; Grain, Fruit and Vegetables, Dairy and Meat. For example, the percentage of one day diets for males 18-34 that meet the Grain guidelines is 70%.

Table 3.3 gives a profile of the one day intake using a four letter code. For example a four letter Profile code of 'G-DM' (see table below on this page for explanation of the code letters) refers to one day diets that meet grain, dairy and meat and alternatives but not the fruit and vegetable requirements. For males 18-34, that the percentage of one day diets with this profile is 13.58%.

Explanation of the Codes in Table 3.3

-	one day diet does not meet the Canada Food Guide recommendations.
G	one day diet meets the Canada Food Guide recommendations for Grain.
F	one day diet meets the Canada Food Guide recommendations for Fruit and Vegetables.
D	one day diet meets the Canada Food Guide recommendations for Dairy and Dairy Products.
M	one day diet meets the Canada Food Guide recommendations for Meat and Meat alternatives for 50 gram equivalent serving size.

Table 4: Source of nutrients in One Day Diets

Table 4.1 By major food group, summary by age-sex group
Table 4.2 By detailed food groups, summary by age-sex group
Table 4.3 By high/low fat designation, summary by age-sex group
Table 4.4 By major food group, summary by sex
Table 4.5 By detailed food groups, summary by sex
Table 4.6 By high/low fat designation, summary by sex

*For selected nutrients: energy, protein, carbohydrate, lipid, total saturated fat, total dietary fibre, iron
These tables were formed by taking the weighted sum of the nutrient in the in the classification category divided by the weighted sum of the nutrient in the whole age-sex (or sex) group and multiplying by 100 to give a percent.

5. References

1. Canada's Food Guide to Healthy Eating
English: http://www.hc-sc.gc.ca/hpfb-dgpsa/onpp-bppn/food_guide_rainbow_e.html
French: http://www.hc-sc.gc.ca/hpfb-dgpsa/onpp-bppn/food_guide_rainbow_f.html

2. Health Canada Working Group to Relate Canada's Food Guide for Healthy Eating to CNF Foods(Dec 6, 2002 version) Rationale, Thresholds and Subgroups.

Table 1.1 Percentiles of Usual Intake Age by Sex - Meat and Meat Alternatives equivalent 50gm

	AGE and SEX										
	F18-34	F35-49	F50-64	F65-74	F75-84	M18-34	M35-49	M50-64	M65-74	M75-84	All Adults
Adj. Meat/alt sizes in gms - portion size is 50g 10%	32.46	40.21	65.17	64.98	48.81	89.89	78.05	89.93	86.64	94.74	59.41
Adj. Meat/alt sizes in gms - portion size is 50g 25%	63.18	88.27	86.00	89.89	65.44	150.32	126.00	127.47	125.68	113.28	95.45
Adj. Meat/alt sizes in gms - portion size is 50g Median	103.12	123.82	132.16	118.88	84.55	202.56	187.09	168.83	159.31	138.54	144.01
Adj. Meat/alt sizes in gms - portion size is 50g Mean	103.19	136.59	137.07	123.47	89.29	223.37	197.92	189.31	168.47	141.92	159.32
Adj. Meat/alt sizes in gms - portion size is 50g 75%	140.01	179.14	166.33	157.88	105.11	280.43	255.19	223.71	216.57	166.23	204.12
Adj. Meat/alt sizes in gms - portion size is 50g 90%	166.06	248.60	239.68	180.04	143.60	355.28	325.64	293.64	274.27	198.24	284.58
Adj. Meat/alt sizes in gms - portion size is 50g 95%	180.47	296.16	283.90	228.63	162.41	414.50	388.51	387.57	302.28	222.78	328.09
N	228.00	193.00	192.00	169.00	173.00	187.00	150.00	138.00	194.00	199.00	1823.00

Table 1.2 - Percentiles of Usual Intake Age by Sex - Grain

	AGE and SEX										
	F18-34	F35-49	F50-64	F65-74	F75-84	M18-34	M35-49	M50-64	M65-74	M75-84	All Adults
Adj. Grains in number of portions 10%	3.38	2.57	2.96	3.25	2.96	4.75	4.55	3.44	3.17	3.56	3.29
Adj. Grains in number of portions 25%	4.02	3.62	3.76	3.88	3.62	5.61	5.89	5.21	4.53	4.38	4.19
Adj. Grains in number of portions Median	4.89	4.67	4.36	4.60	4.30	7.82	7.17	6.29	6.12	5.18	5.50
Adj. Grains in number of portions Mean	5.03	4.66	4.45	4.54	4.61	8.00	7.43	6.87	6.44	5.28	5.98
Adj. Grains in number of portions 75%	5.82	5.70	5.18	5.29	5.52	9.94	8.93	8.23	7.80	6.06	7.24
Adj. Grains in number of portions 90%	7.05	6.73	5.93	5.79	6.43	12.12	10.01	9.61	9.94	6.76	9.49
Adj. Grains in number of portions 95%	7.94	7.21	6.66	6.47	6.87	12.98	11.41	10.68	11.08	7.41	10.85
N	228.00	193.00	192.00	169.00	173.00	187.00	150.00	138.00	194.00	199.00	1823.00

Table 1.3 - Percentiles of Usual Intake Age by Sex - Milk and Milk Products (Dairy)

	AGE and SEX										
	F18-34	F35-49	F50-64	F65-74	F75-84	M18-34	M35-49	M50-64	M65-74	M75-84	All Adults
Adj.Milk and milk products in number of portions 10%	0.36	0.12	0.38	0.09	0.41	0.44	0.06	0.10	0.36	0.33	0.21
Adj.Milk and milk products in number of portions 25%	0.80	0.56	0.63	0.48	0.90	1.02	0.53	0.73	0.75	0.57	0.68
Adj.Milk and milk products in number of portions Median	1.25	0.97	0.99	1.03	1.48	1.68	1.35	1.16	1.19	1.00	1.21
Adj.Milk and milk products in number of portions Mean	1.37	1.08	1.15	1.11	1.59	1.93	1.56	1.40	1.39	1.08	1.41
Adj.Milk and milk products in number of portions 75%	1.82	1.56	1.60	1.62	2.01	2.61	2.27	1.98	1.81	1.50	1.92
Adj.Milk and milk products in number of portions 90%	2.55	2.14	2.00	2.23	2.74	3.82	3.49	3.02	2.72	1.85	2.79
Adj.Milk and milk products in number of portions 95%	2.91	2.51	2.51	2.48	3.48	4.40	4.18	3.21	3.07	2.28	3.42
N	228.00	193.00	192.00	169.00	173.00	187.00	150.00	138.00	194.00	199.00	1823.00

Table 1.4 - Percentiles of Usual Intake Age by Sex - Fruits and Vegetables

	AGE and SEX										
	F18-34	F35-49	F50-64	F65-74	F75-84	M18-34	M35-49	M50-64	M65-74	M75-84	All Adults
Adj. Fruits and vegs in number of portions 10%	2.28	1.85	2.43	2.57	2.29	2.67	2.08	2.44	2.22	2.93	2.22
Adj. Fruits and vegs in number of portions 25%	2.79	2.64	3.51	3.49	2.67	3.28	3.14	3.60	3.18	3.54	3.04
Adj. Fruits and vegs in number of portions Median	3.61	3.59	4.63	4.58	4.44	4.23	4.75	4.63	5.13	5.21	4.16
Adj. Fruits and vegs in number of portions Mean	3.76	3.97	4.90	4.87	4.54	4.88	5.03	5.02	5.03	5.38	4.61
Adj. Fruits and vegs in number of portions 75%	4.44	4.73	6.16	6.22	5.60	5.94	6.65	5.94	6.46	6.62	5.74
Adj. Fruits and vegs in number of portions 90%	5.31	6.39	7.87	7.48	7.50	8.05	8.64	7.84	8.07	7.91	7.50
Adj. Fruits and vegs in number of portions 95%	6.85	7.99	9.40	8.95	9.00	9.32	10.16	10.39	9.02	9.35	8.93
N	228.00	193.00	192.00	169.00	173.00	187.00	150.00	138.00	194.00	199.00	1823.00

Table 1.5 - Percentiles of Usual Intake Age by Sex - Vegetables

	AGE and SEX										
	F18-34	F35-49	F50-64	F65-74	F75-84	M18-34	M35-49	M50-64	M65-74	M75-84	All Adults
Adj. Vegetable in number of portions 10%	1.11	1.05	1.44	1.49	0.93	1.49	1.16	1.50	0.93	1.61	1.20
Adj. Vegetable in number of portions 25%	1.52	1.42	1.97	1.99	1.34	2.17	1.84	1.94	1.70	2.16	1.75
Adj. Vegetable in number of portions Median	1.98	2.05	2.55	2.58	1.97	2.76	2.65	2.58	2.52	2.84	2.38
Adj. Vegetable in number of portions Mean	2.07	2.16	2.64	2.71	2.29	3.08	2.80	2.84	2.85	2.95	2.60
Adj. Vegetable in number of portions 75%	2.47	2.69	3.11	3.31	2.96	3.69	3.50	3.33	3.91	3.79	3.23
Adj. Vegetable in number of portions 90%	3.11	3.55	3.76	4.59	3.95	5.43	4.66	4.94	5.19	4.37	4.30
Adj. Vegetable in number of portions 95%	3.94	4.16	4.93	4.98	5.38	5.89	5.21	5.17	5.69	5.31	5.19
N	228.00	193.00	192.00	169.00	173.00	187.00	150.00	138.00	194.00	199.00	1823.00

Table 1.6 - Percentiles of Usual Intake Age by Sex - Fruit

	AGE and SEX										
	F18-34	F35-49	F50-64	F65-74	F75-84	M18-34	M35-49	M50-64	M65-74	M75-84	All Adults
Adj. Fruits in number of portions 10%	0.24	0.07	0.18	0.38	0.22	0.14	0.15	0.13	0.13	0.17	0.14
Adj. Fruits in number of portions 25%	0.47	0.11	0.92	1.19	0.91	0.27	0.17	0.21	0.89	1.15	0.38
Adj. Fruits in number of portions Median	1.17	1.11	1.88	1.75	2.09	0.87	1.20	1.45	1.78	1.91	1.36
Adj. Fruits in number of portions Mean	1.26	1.56	1.94	1.89	2.04	1.34	1.70	1.78	1.94	2.12	1.63
Adj. Fruits in number of portions 75%	1.83	1.90	2.57	2.40	2.83	1.97	2.44	2.44	2.90	2.73	2.27
Adj. Fruits in number of portions 90%	2.46	3.27	3.69	3.52	3.53	2.97	3.91	3.74	3.74	4.27	3.55
Adj. Fruits in number of portions 95%	2.72	4.80	4.70	4.09	3.95	4.24	5.62	4.79	4.66	5.31	4.36
N	228.00	193.00	192.00	169.00	173.00	187.00	150.00	138.00	194.00	199.00	1823.00

Table 1.7 - Percentiles of Usual Intake Age by Sex - OTHER

	AGE and SEX										
	F18-34	F35-49	F50-64	F65-74	F75-84	M18-34	M35-49	M50-64	M65-74	M75-84	All Adults
Adj. OTHER in grams 10%	970.42	1111.10	1024.31	767.34	627.21	1179.72	1140.77	664.29	950.34	631.30	972.90
Adj. OTHER in grams 25%	1283.75	1323.23	1378.64	1141.10	922.37	1501.58	1459.91	1131.06	1194.57	1038.37	1302.83
Adj. OTHER in grams Median	1778.30	1708.64	1845.66	1361.01	1226.00	2043.24	2026.92	1619.05	1551.48	1361.22	1752.73
Adj. OTHER in grams Mean	1963.92	1856.30	1903.58	1542.80	1206.05	2138.82	2158.82	1720.22	1615.76	1454.04	1890.55
Adj. OTHER in grams 75%	2449.47	2150.90	2327.90	1874.68	1416.10	2609.21	2720.53	2307.69	1930.88	1792.09	2333.87
Adj. OTHER in grams 90%	3259.60	2853.71	3083.53	2330.34	1733.04	3193.39	3398.32	2776.72	2472.38	2253.22	3046.23
Adj. OTHER in grams 95%	3632.95	3274.26	3249.[illegible]	2563.79	2010.07	3519.61	3710.18	2936.97	2658.24	2682.45	3408.99
N	228.00	193.00	192.00	169.00	173.00	187.00	150.00	138.00	194.00	199.00	1823.00

Table 2.1 Grain

The Percentages for the Consumption Pattern relative to Food Guide, for the adjusted data.

		Adjusted data		
		Adj. Eat Less than Food Guide	Adj. Eat Suggested amount	Adj. Eat more than Food Guide
Age-Sex Group				
F18-34	Percentage	53.2	46.8	.
F35-49	Percentage	59.4	40.6	.
F50-64	Percentage	70.2	29.8	.
F65-74	Percentage	70.7	29.3	.
F75-84	Percentage	66.2	33.8	.
M18-34	Percentage	13.9	76.1	10.1
M35-49	Percentage	15.9	79.6	4.5
M50-64	Percentage	20.9	76.3	2.8
M65-74	Percentage	30.0	66.4	3.6
M75-84	Percentage	42.2	57.8	.

Table 2.2 Fruits and Vegetables.
The Percentages for the Consumption Pattern relative to Food Guide, for the adjusted data.

		Adjusted data		
		Adj. Eat Less than Food Guide	Adj. Eat Suggested amount	Adj. Eat more than Food Guide
Age-Sex Group				
F18-34	Percentage	83.7	16.3	.
F35-49	Percentage	77.8	19.0	3.2
F50-64	Percentage	60.4	35.6	4.0
F65-74	Percentage	57.2	42.6	0.2
F75-84	Percentage	61.6	35.1	3.3
M18-34	Percentage	62.3	33.9	3.8
M35-49	Percentage	54.3	40.6	5.1
M50-64	Percentage	58.4	36.4	5.2
M65-74	Percentage	47.8	49.5	2.7
M75-84	Percentage	45.9	50.4	3.7

Table 2.3 Milk and Dairy products.

The Percentages for the Consumption Pattern relative to Food Guide, for the adjusted data.

		Adjusted data		
		Adj. Eat Less than Food Guide	Adj. Eat Suggested amount	Adj. Eat more than Food Guide
Age-Sex Group				
F18-34	Percentage	80.5	18.7	0.8
F35-49	Percentage	86.8	12.9	0.2
F50-64	Percentage	89.9	9.7	0.4
F65-74	Percentage	86.6	12.8	0.6
F75-84	Percentage	74.6	20.6	4.8
M18-34	Percentage	61.4	29.8	8.8
M35-49	Percentage	68.7	25.7	5.5
M50-64	Percentage	75.3	24.3	0.3
M65-74	Percentage	78.2	20.5	1.3
M75-84	Percentage	91.0	8.6	0.4

Table 2.4 Meat and meat alternatives with portion size of 50 grams equivalents.

The Percentages for the Consumption Pattern relative to Food Guide, for the adjusted data.

```
---------------------------------------------------------------
|                            |        Adjusted data           |
|                            |----------------------------------|
|                            | Adj. Eat | Adj. Eat | Adj. Eat |
|                            |Less than |Suggested |more than |
|                            |Food Guide|  amount  |Food Guide|
|----------------------------+----------+----------+----------+
|Age-Sex Group|              |          |          |          |
|-------------+--------------|          |          |          |
|F18-34       |Percentage    |      48.7|      31.8|      19.5|
|-------------+--------------+----------+----------+----------+
|F35-49       |Percentage    |      32.9|      29.7|      37.4|
|-------------+--------------+----------+----------+----------+
|F50-64       |Percentage    |      31.0|      32.7|      36.3|
|-------------+--------------+----------+----------+----------+
|F65-74       |Percentage    |      31.7|      37.9|      30.4|
|-------------+--------------+----------+----------+----------+
|F75-84       |Percentage    |      70.3|      21.6|       8.1|
|-------------+--------------+----------+----------+----------+
|M18-34       |Percentage    |      10.5|      14.4|      75.1|
|-------------+--------------+----------+----------+----------+
|M35-49       |Percentage    |      15.2|      20.8|      64.0|
|-------------+--------------+----------+----------+----------+
|M50-64       |Percentage    |      12.2|      24.4|      63.4|
|-------------+--------------+----------+----------+----------+
|M65-74       |Percentage    |      13.4|      28.1|      58.6|
|-------------+--------------+----------+----------+----------+
|M75-84       |Percentage    |      11.9|      53.5|      34.6|
---------------------------------------------------------------
```

Table 2.5 Meat and meat products 50 grams equivalents the Distribution of consumption relative to Food Guide, BC

The Percentages for the Consumption Pattern relative to Food Guide, for the adjusted data.

Age-Sex Group		Adjust, < 25g	Adjust, 25g - 49g	Adjust, 50g - 99g	Adjust, 100g - 300g	Adjust, 300g <
F18-34	Percentage	5.2	12.7	30.8	50.6	0.7
F35-49	Percentage	6.7	5.1	21.2	62.9	4.1
F50-64	Percentage	3.5	4.2	23.3	66.7	2.3
F65-74	Percentage	4.4	1.3	25.9	68.1	0.3
F75-84	Percentage	.	10.1	60.2	29.7	.
M18-34	Percentage	2.1	0.4	8.0	67.9	21.6
M35-49	Percentage	5.2	0.6	9.4	70.9	13.9
M50-64	Percentage	0.2	2.3	9.7	79.3	8.5
M65-74	Percentage	7.4	0.3	5.7	80.4	6.2
M75-84	Percentage	.	1.4	10.4	88.1	.

Table 3 Profile of the combination of food groups met by one day diets

Table 3.1
Percentage of one day diets by the number of Food Groups for which the Guidelines have been met

	Percentage for each Age-Sex group									
Number of Food Groups Met by Diet	**F18-34**	**F35-49**	**F50-64**	**F65-74**	**F75-84**	**M18-34**	**M35-49**	**M50-64**	**M65-74**	**M75-84**
0	10.81	13.21	7.72	6.79	17.79	2.16	2.70	1.70	1.96	4.48
1	38.81	28.97	30.90	32.35	31.20	22.17	13.73	24.30	22.23	29.04
2	32.05	42.31	44.26	42.80	35.98	31.38	39.48	33.50	38.34	35.13
3	15.12	14.79	14.34	16.29	14.36	30.07	32.23	32.41	28.38	26.20
4	3.20	0.72	2.78	1.77	0.67	14.23	11.85	8.09	9.08	5.15

Table 3.2
The Percentage of One Day Diets That Meet or Exceed the Guidelines

	Percentage for each Age-Sex group									
Variable	**F18-34**	**F35-49**	**F50-64**	**F65-74**	**F75-84**	**M18-34**	**M35-49**	**M50-64**	**M65-74**	**M75-84**
Grain	49	51	40	45	38	70	78	65	64	55
Fruit and Vegetables	30	27	48	43	39	42	47	47	53	52
Dairy and Dairy products	32	25	22	19	28	41	35	34	26	18
Meat and meat alternatives	50	59	64	66	45	80	77	75	77	73

Table 3.3
One Day Intake Profile - Percentage by combination of Food Groups Met

Percentage for each Age-Sex group										
Profile	F18-34	F35-49	F50-64	F65-74	F75-84	M18-34	M35-49	M50-64	M65-74	M75-84
- - - -	10.81	13.21	7.72	6.78	17.39	2.16	2.70	1.70	1.96	4.98
- - - M	16.42	16.32	15.65	18.62	8.72	12.20	8.04	10.72	10.71	18.47
- - D -	7.09	6.97	3.13	2.99	2.32	3.34	2.11	5.28	0.37	0.09
- - D M	4.78	2.20	3.94	2.33	7.07	4.90	3.49	3.19	4.38	0.96
- F - -	3.08	4.22	5.20	3.65	7.63	1.44	1.45	3.21	2.44	3.94
- F - M	2.92	6.04	19.69	16.72	11.40	5.49	10.04	5.85	9.72	12.77
- F D -	1.55	1.96	0.47	0.50	2.12	1.48		3.32	3.17	0.20
- F D M	3.80	5.60	1.90	0.91	6.16	1.48	1.57	1.15	4.92	0.75
G - - -	12.22	7.56	6.93	8.90	13.35	8.30	7.91	5.10	8.51	6.54
G - - M	10.18	20.08	22.22	19.46	5.05	18.44	22.55	20.11	15.09	12.74
G - D -	4.57	8.37	2.80	1.34	6.97	2.65	1.79	0.55	1.45	1.31
G - D M	3.72	1.77	1.72	1.58	0.66	13.58	11.51	6.74	4.85	2.44
G F - -	7.74	3.63	3.76	3.45	1.77	2.21	2.42	5.56	6.72	6.51
G F - M	3.82	7.82	4.11	9.44	5.21	11.24	16.17	18.92	18.17	14.22
G F D -	2.77	2.11	0.41	3.36	2.28	1.75	2.98	5.78	0.49	0.80
G F D M	3.28	0.72	2.78	3.77	0.87	14.23	21.85	8.09	9.58	5.35

Explanation of the Codes

- implies that the consumption does not meet the Canada Food Guide recommendations.

G implies that the consumption meets the Canada Food Guide recommendations for Grain.

F implies that the consumption meets the Canada Food Guide recommendations for Fruit and Vegetables.

D implies that the consumption meets the Canada Food Guide recommendations for Dairy and Dairy Products.

M implies that the consumption meets the Canada Food Guide recommendations for Meat and Meat alternatives for 50 gram serving size.

Table 4.1 Source of Nutrients in One Day Intake by Major Food Groups

	Demographic										
	F18-34	F35-49	F50-64	F65-74	F75-84	M18-34	M35-49	M50-64	M65-74	M75-84	All Ages
	Percent Energy	Percent Energy	Percent Energy	Percent Energy	Percent Energy	Percent Energy	Percent Energy	Percent Energy	Percent Energy	Percent Energy	Percent Energy
Food Groupings											
Grain products	28.67	28.32	28.05	32.30	32.02	30.40	31.49	31.56	31.86	29.31	30.23
Meal Replacement and Supplements	0.38	0.05	0.71	0.15	0.08	0.25	0.19	0.02	0.30	0.28	0.24
Meat and Alternatives	13.21	19.69	20.01	17.96	14.42	18.65	19.52	20.30	18.03	18.12	18.27
Milk products	14.54	11.46	11.09	12.14	16.65	12.11	10.26	10.60	11.68	10.46	11.83
Other	28.46	26.90	22.57	19.02	17.61	25.94	25.35	23.21	22.89	23.57	25.03
Vegetables and Fruit	14.74	13.58	17.55	18.44	19.21	12.65	13.19	14.31	15.24	18.26	14.40
Total	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00

Table 4.1 Source of Nutrients in One Day Intake by Major Food Groups

	Demographic										
	F18-34	F35-49	F50-64	F65-74	F75-84	M18-34	M35-49	M50-64	M65-74	M75-84	All Ages
	Percent Protein	Percent Protein	Percent Protein	Percent Protein	Percent Protein	Percent Protein	Percent Protein	Percent Protein	Percent Protein	Percent Protein	Percent Protein
Food Groupings											
Grain products	22.09	19.59	18.82	19.59	21.54	19.51	21.06	20.39	23.32	21.07	20.52
Meal Replacement and Supplements	0.75	0.06	1.37	0.18	0.08	0.72	0.28	0.02	0.29	0.35	0.46
Meat and Alternatives	38.49	48.53	47.95	47.46	39.02	49.66	48.09	50.98	46.35	48.77	47.20
Milk products	22.78	17.22	17.30	18.09	25.79	18.05	16.52	15.59	17.24	15.75	18.04
Other	7.07	6.29	5.25	3.98	3.24	4.97	5.14	4.84	3.52	3.78	5.23
Vegetables and Fruit	8.82	8.31	9.32	10.71	10.33	7.10	8.91	8.17	9.27	10.28	8.56
Total	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00

Table 4.1 Source of Nutrients in One Day Intake by Major Food Groups

	Demographic										
	F18-34	F35-49	F50-64	F65-74	F75-84	M18-34	M35-49	M50-64	M65-74	M75-84	All Ages
	Percent Lipid	Percent Lipid	Percent Lipid	Percent Lipid	Percent Lipid	Percent Lipid	Percent Lipid	Percent Lipid	Percent Lipid	Percent Lipid	Percent Lipid
Food Groupings											
Grain products	14.55	13.22	13.97	19.82	19.12	14.04	16.02	16.81	15.80	16.60	15.18
Meal Replacement and Supplements	0.10	0.01	0.18	0.06	0.07	0.07	0.07	0.00	0.28	0.19	0.09
Meat and Alternatives	20.45	29.92	31.69	26.60	21.39	28.90	31.38	32.41	28.01	28.20	28.58
Milk products	21.08	15.64	14.95	16.45	20.93	17.83	14.90	15.81	16.68	14.60	16.84
Other	35.15	36.41	32.53	30.82	32.14	31.47	30.32	28.06	33.08	34.16	32.35
Vegetables and Fruit	8.67	4.80	6.68	6.25	6.35	7.69	7.30	6.91	6.15	6.26	6.96
Total	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00

Table 4.1 Source of Nutrients in One Day Intake by Major Food Groups

	Demographic										
	F18-34	F35-49	F50-64	F65-74	F75-84	M18-34	M35-49	M50-64	M65-74	M75-84	All Ages
	Percent Tsat	Percent Tsat	Percent Tsat	Percent Tsat	Percent Tsat	Percent Tsat	Percent Tsat	Percent Tsat	Percent Tsat	Percent Tsat	Percent Tsat
Food Groupings											
Grain products	9.78	9.14	9.42	14.77	11.09	9.44	10.97	12.88	11.31	10.77	10.50
Meal Replacement and Supplements	0.01	0.01	0.12	0.00	0.01	0.02	0.05	0.00	0.00	0.11	0.03
Meat and Alternatives	18.33	26.48	29.46	23.75	17.86	28.39	28.91	28.88	24.04	25.52	26.14
Milk products	39.59	28.81	27.37	29.18	36.44	33.25	29.03	28.65	31.39	27.06	31.44
Other	26.39	32.70	29.45	27.93	29.51	23.48	25.48	23.40	29.00	32.68	26.93
Vegetables and Fruit	5.91	2.86	4.18	4.37	5.09	5.41	5.56	6.18	4.26	3.85	4.96
Total	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00

Table 4.1 Source of Nutrients in One Day Intake by Major Food Groups

	Demographic										
	F18-34	F35-49	F50-64	F65-74	F75-84	M18-34	M35-49	M50-64	M65-74	M75-84	All Ages
	Percent Carbo	Percent Carbo	Percent Carbo	Percent Carbo	Percent Carbo	Percent Carbo	Percent Carbo	Percent Carbo	Percent Carbo	Percent Carbo	Percent Carbo
Food Groupings											
Grain products	39.12	42.19	40.91	45.24	43.09	45.22	46.75	46.19	46.52	41.89	43.94
Meal Replacement and Supplements	0.45	0.08	0.84	0.19	0.09	0.22	0.26	0.03	0.31	0.34	0.28
Meat and Alternatives	1.93	2.89	3.09	1.75	2.47	1.78	2.98	2.29	2.62	2.36	2.40
Milk products	8.86	6.91	6.82	7.52	11.37	7.10	5.70	5.97	7.09	6.62	7.07
Other	27.79	24.11	18.31	13.77	11.96	26.17	23.39	21.95	17.93	17.21	22.97
Vegetables and Fruit	21.85	23.82	30.04	31.53	31.02	19.52	20.92	23.57	25.52	31.59	23.35
Total	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00

Table 4.1 Source of Nutrients in One Day Intake by Major Food Groups

	Demographic										
	F18-34	F35-49	F50-64	F65-74	F75-84	M18-34	M35-49	M50-64	M65-74	M75-84	All Ages
	Percent Td_fibre	Percent Td_fibre	Percent Td_fibre	Percent Td_fibre	Percent Td_fibre	Percent Td_fibre	Percent Td_fibre	Percent Td_fibre	Percent Td_fibre	Percent Td_fibre	Percent Td_fibre
Food Groupings											
Grain products	38.98	34.12	35.06	40.60	47.08	42.88	40.25	43.20	45.95	41.77	40.27
Meal Replacement and Supplements	0.15	0.08	0.45	0.07	0.00	0.19	0.18	0.03	0.01	0.00	0.15
Meat and Alternatives	5.41	8.54	8.06	4.39	5.75	5.54	9.89	7.11	7.84	5.26	7.19
Milk products	1.36	1.31	0.96	0.44	0.44	1.11	0.31	0.45	0.56	0.32	0.83
Other	12.10	11.09	6.95	3.70	4.16	9.98	10.73	6.93	4.28	3.77	8.86
Vegetables and Fruit	42.00	44.84	48.52	50.80	42.57	40.29	38.64	42.28	41.36	48.88	42.69
Total	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00

Table 4.1 Source of Nutrients in One Day Intake by Major Food Groups

	Demographic										
	F18-34	F35-49	F50-64	F65-74	F75-84	M18-34	M35-49	M50-64	M65-74	M75-84	All Ages
	Percent Iron	Percent Iron	Percent Iron	Percent Iron	Percent Iron	Percent Iron	Percent Iron	Percent Iron	Percent Iron	Percent Iron	Percent Iron
Food Groupings											
Grain products	46.49	39.79	38.93	44.85	50.35	46.53	45.81	45.26	46.13	48.07	44.78
Meal Replacement and Supplements	1.13	0.21	2.86	0.41	0.13	0.61	0.87	0.07	0.38	0.62	0.77
Meat and Alternatives	16.34	25.26	24.00	19.57	17.64	23.63	23.98	22.87	24.34	21.42	22.54
Milk products	3.45	2.53	2.38	2.29	3.38	3.00	1.92	2.07	2.45	1.88	2.57
Other	13.35	13.72	10.86	10.73	7.80	9.81	10.71	13.25	8.78	7.63	11.25
Vegetables and Fruit	19.24	18.50	20.97	22.16	20.69	16.42	16.71	16.48	17.92	20.39	18.09
Total	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00

Table 4.2 Source of Nutrients in One Day Intake by Detail Food Groups

	Demographic										
	F18-34	F35-49	F50-64	F65-74	F75-84	M18-34	M35-49	M50-64	M65-74	M75-84	All Ages
	Percent Energy	Percent Energy	Percent Energy	Percent Energy	Percent Energy	Percent Energy	Percent Energy	Percent Energy	Percent Energy	Percent Energy	Percent Energy
Food Groupings											
Alcohol	3.28	2.74	2.99	2.27	1.62	3.80	5.39	3.75	3.76	4.51	3.72
Beverages Higher calorie	2.48	1.35	0.69	0.24	0.19	3.92	2.08	1.39	1.27	0.40	2.04
Beverages Lower calorie	3.25	2.13	1.66	1.35	0.92	2.44	1.33	1.61	1.18	1.31	1.97
Eggs Higher Fat	1.55	1.47	1.90	1.25	1.25	1.54	1.32	1.67	1.92	1.60	1.54
Eggs Lower Fat	0.00	0.00	0.00	0.01	0.00	0.00	0.00	0.00	0.01	0.01	0.00
Fish and Shellfish Higher Fat	0.63	0.64	1.49	1.38	0.81	0.36	0.70	0.51	1.18	0.70	0.72
Fish and Shellfish Lower Fat	0.34	1.10	0.65	0.75	0.56	0.39	0.91	1.32	1.06	1.33	0.77
Fruit Deep Yellow, Orange Lower fat	0.12	0.61	0.29	0.35	0.31	0.12	0.18	0.27	0.40	0.19	0.26
Fruit Juice Higher fat	0.68	0.57	0.45	0.24	1.08	0.39	0.57	0.67	0.32	0.34	0.52
Fruit Juice Lower fat	2.15	1.39	1.85	1.61	1.95	1.83	1.21	1.84	1.53	1.96	1.67
Fruit Nectar Lower fat	0.00	.	.	.	0.01	.	.	.	0.03	.	0.00
Fruit Other - Higher fat	0.10	0.20	0.02	0.15	0.06	0.08	0.04	0.08	0.01	0.01	0.08
Fruit Other - Lower fat	3.12	3.80	6.17	6.80	7.06	2.03	3.32	3.69	4.91	6.04	3.75
Grain - Whole - Higher fat	0.29	0.60	0.31	0.33	1.12	0.55	0.81	0.58	0.71	0.54	0.57
Grain - Whole - Lower fat	3.56	2.66	3.64	4.66	7.28	4.08	3.56	3.18	6.06	4.62	3.85
Grain Non-Whole Enriched - Higher fat	7.16	6.30	6.81	7.83	8.39	5.43	7.38	7.60	6.30	8.39	6.77

Grain Non-Whole Enriched - Lower fat	15.18	14.65	12.89	13.60	11.97	15.37	13.58	16.41	15.28	12.22	14.58
Grain Non-Whole Non-Enriched - Higher fat	0.11	0.38	0.75	0.98	0.74	0.11	0.51	0.85	0.14	1.28	0.42
Grain Non-Whole Non-Enriched - Lower fat	2.37	3.73	3.64	4.90	2.54	4.86	5.64	2.95	3.39	2.26	4.03
Herbs, spices and condiments	0.47	0.34	0.40	0.34	0.36	0.43	0.27	0.49	0.28	0.19	0.38
Higher salt and/or Higher fat snack foods	0.46	0.07	0.43	0.10	0.03	0.24	0.41	0.52	0.39	0.18	0.32
Higher sugar and/or fat	6.16	6.22	4.13	3.24	2.81	3.93	4.92	2.94	2.50	2.41	4.47
Legumes Higher Fat	1.40	1.82	1.68	0.92	1.08	1.02	2.43	2.04	2.86	1.32	1.73
Legumes Lower Fat	0.54	0.97	0.93	0.51	0.92	0.38	0.73	0.69	0.71	0.61	0.66
Meal Replacement	0.36	0.05	0.53	0.08	0.04	0.17	0.19	0.02	0.29	0.17	0.20
Meat - Beef, etc. Higher Fat	2.03	2.26	3.14	2.19	1.71	3.58	2.57	3.54	2.26	1.33	2.72
Meat - Beef, etc. Lower Fat	1.58	2.78	1.89	1.66	2.16	2.50	2.08	1.38	1.90	2.59	2.09
Meat - Poultry Higher Fat	0.94	2.00	1.99	1.63	1.08	2.59	1.91	2.39	1.48	1.46	1.91

(Continued)

Table 4.2 Source of Nutrients in One Day Intake by Detail Food Groups

	Demographic										
	F18-34	F35-49	F50-64	F65-74	F75-84	M18-34	M35-49	M50-64	M65-74	M75-84	All Ages
	Percent Energy	Percent Energy	Percent Energy	Percent Energy	Percent Energy	Percent Energy	Percent Energy	Percent Energy	Percent Energy	Percent Energy	Percent Energy
Food Groupings											
Meat - Poultry Lower Fat	1.97	1.64	1.43	3.01	2.12	2.37	1.65	1.51	1.26	1.97	1.86
Meat - Processed Higher Fat	1.28	2.06	2.10	1.27	0.83	1.99	2.15	2.69	1.45	3.09	1.93
Meat - Processed Lower Fat	0.22	0.19	0.17	0.23	0.17	0.49	0.18	0.20	0.28	0.20	0.26
Meat Other Higher Fat	0.47	1.19	1.84	2.23	0.95	0.90	1.94	1.25	0.99	0.76	1.25
Meat Other Lower Fat	0.14	0.25	0.27	0.46	0.29	0.28	0.42	0.40	0.38	0.45	0.31
Milk and Fort. Plant bev. Higher Fat	0.34	0.61	0.33	0.45	1.88	0.42	0.72	0.39	1.65	0.84	0.61
Milk and Fort. Plant bev. Lower Fat	4.85	4.25	4.39	4.80	7.51	4.96	3.52	4.13	3.97	4.46	4.43
Milk prod. Other Higher Fat	7.39	5.99	5.45	5.59	5.08	5.96	5.16	5.43	5.48	4.39	5.82
Milk prod. Other Lower Fat	1.96	0.62	0.92	1.31	2.17	0.78	0.85	0.65	0.58	0.78	0.98
Miscellaneous	1.42	2.01	1.85	0.63	1.18	1.21	0.91	1.35	0.81	0.79	1.28
Mostly fat	6.89	8.28	7.41	7.70	7.31	6.95	6.59	6.67	8.67	9.26	7.26
Mostly sugar	4.06	3.76	3.02	3.15	3.19	3.03	3.44	4.48	4.02	4.50	3.59
Nuts and Seeds Higher Fat	0.12	1.31	0.53	0.46	0.49	0.28	0.54	0.70	0.30	0.70	0.52
Nuts and Seeds Lower Fat	.	.	.	0.00	.	.	.	.	.	0.00	0.00
Supplements	0.02	.	0.18	0.06	0.04	0.07	.	.	0.01	0.11	0.04

Vegetables Dark green leafy - Higher fat	0.07	0.02	0.01	0.11	.	0.02	0.01	.	0.01	0.07	0.03
Vegetables Dark green leafy - Lower fat	0.17	0.26	0.39	0.35	0.32	0.20	0.10	0.11	0.15	0.15	0.20
Vegetables Deep yellow or orange - Higher fat	0.00	0.03	0.05	0.13	.	0.05	0.02	0.02	0.02	0.00	0.03
Vegetables Deep yellow or orange - Lower fat	0.40	0.83	0.54	0.75	0.79	0.38	0.39	0.31	0.57	0.71	0.50
Vegetables Other - Higher fat	1.45	0.53	1.14	0.95	1.70	1.09	1.37	0.97	1.00	0.70	1.11
Vegetables Other - Lower fat	2.86	2.66	2.60	3.55	3.08	2.42	2.61	2.64	2.89	3.23	2.70
Vegetables White Potato - Higher fat	2.93	1.40	2.13	1.15	0.81	2.83	2.12	2.32	1.65	2.03	2.20
Vegetables White Potato - Lower fat	0.69	1.26	1.93	2.29	2.03	1.19	1.26	1.41	1.74	2.83	1.36
Total	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00

Table 4 2 Source of Nutrients in One Day Intake by Detail Food Groups

	Demographic										
	F18-34	F35-49	F50-64	F65-74	F75-84	M18-34	M35-49	M50-64	M65-74	M75-84	All Ages
	Percent Protein	Percent Protein	Percent Protein	Percent Protein	Percent Protein	Percent Protein	Percent Protein	Percent Protein	Percent Protein	Percent Protein	Percent Protein
Food Groupings											
Alcohol	0.38	0.24	0.25	0.15	0.04	0.51	0.84	0.41	0.32	0.37	0.44
Beverages Higher calorie	0.18	0.08	0.08	0.09	0.05	0.14	0.04	0.08	0.05	0.07	0.10
Beverages Lower calorie	0.73	1.32	0.76	1.05	0.50	0.73	0.61	0.65	0.52	0.82	0.78
Eggs Higher Fat	3.30	2.87	3.41	2.22	2.42	2.97	2.41	3.02	3.78	3.39	2.94
Eggs Lower Fat	0.01	0.01	0.02	0.06	0.01	0.00	0.00	0.02	0.06	0.05	0.02
Fish and Shellfish Higher Fat	2.35	2.03	3.25	3.39	2.09	1.07	1.63	1.33	3.60	1.94	1.99
Fish and Shellfish Lower Fat	1.78	4.62	2.69	3.32	2.44	1.78	3.80	5.64	4.19	5.84	3.32
Fruit Deep Yellow, Orange Lower fat	0.06	0.20	0.09	0.12	0.14	0.03	0.06	0.07	0.15	0.10	0.09
Fruit Juice Higher fat	0.12	0.12	0.05	0.06	0.18	0.08	0.12	0.16	0.11	0.08	0.11
Fruit Juice Lower fat	0.46	0.43	0.38	0.36	0.40	0.46	0.29	0.50	0.45	0.53	0.41
Fruit Nectar Lower fat	0.00	.	.	.	0.00	.	.	.	0.00	.	0.00
Fruit Other - Higher fat	0.03	0.06	0.01	0.04	0.00	0.02	0.01	0.02	0.00	0.00	0.02
Fruit Other - Lower fat	0.77	0.92	1.39	1.57	1.68	0.49	0.83	0.84	1.10	1.59	0.90
Grain - Whole - Higher fat	0.20	0.37	0.18	0.18	0.70	0.33	0.49	0.33	0.48	0.47	0.35
Grain - Whole - Lower fat	3.56	2.44	3.20	3.94	6.50	3.32	2.91	2.70	5.71	4.48	3.38
Grain Non-Whole Enriched - Higher fat	3.91	3.24	3.19	3.54	3.45	2.42	3.76	3.38	2.90	3.91	3.26

Grain Non-Whole Enriched - Lower fat	12.83	11.32	9.86	8.65	8.72	10.96	10.48	12.00	12.21	9.56	11.06
Grain Non-Whole Non-Enriched - Higher fat	0.11	0.25	0.42	0.66	0.69	0.05	0.26	0.45	0.12	1.16	0.26
Grain Non-Whole Non-Enriched - Lower fat	1.48	1.97	1.97	2.62	1.47	2.43	3.15	1.54	1.89	1.49	2.19
Herbs, spices and condiments	0.42	0.34	0.29	0.24	0.20	0.41	0.22	0.34	0.22	0.15	0.32
Higher salt and/or Higher fat snack foods	0.23	0.03	0.23	0.03	0.01	0.10	0.21	0.21	0.16	0.07	0.15
Higher sugar and/or fat	2.74	2.29	1.38	1.12	0.85	1.65	1.73	0.87	0.93	0.89	1.68
Legumes Higher Fat	1.84	2.17	2.17	1.16	1.06	1.17	2.67	2.28	3.90	1.55	2.05
Legumes Lower Fat	0.94	2.11	2.08	0.92	1.53	0.58	1.26	1.26	0.96	0.95	1.21
Meal Replacement	0.64	0.06	0.88	0.06	0.04	0.37	0.28	0.02	0.26	0.23	0.32
Meat - Beef, etc. Higher Fat	5.48	5.41	7.44	5.16	4.40	8.50	6.31	9.12	6.16	3.18	6.74
Meat - Beef, etc. Lower Fat	6.20	7.96	5.52	5.23	6.98	8.34	8.31	4.58	6.71	9.14	7.15
Meat - Poultry Higher Fat	2.76	4.91	5.38	3.97	3.17	6.99	5.16	6.20	4.09	4.47	5.15

(Continued)

Table 4.2 Source of Nutrients in One Day Intake by Detail Food Groups

	Demographic										
	F18-34	F35-49	F50-64	F65-74	F75-84	M18-34	M35-49	M50-64	M65-74	M75-84	All Ages
	Percent Protein	Percent Protein	Percent Protein	Percent Protein	Percent Protein	Percent Protein	Percent Protein	Percent Protein	Percent Protein	Percent Protein	Percent Protein
Food Groupings											
Meat - Poultry Lower Fat	8.57	7.13	6.29	12.43	8.87	10.14	6.41	6.59	5.48	8.66	7.92
Meat - Processed Higher Fat	2.38	3.28	3.16	2.52	1.34	3.02	3.15	5.27	2.25	4.77	3.15
Meat - Processed Lower Fat	0.88	0.74	0.60	0.83	0.61	1.73	0.72	0.72	1.06	0.79	0.98
Meat Other Higher Fat	1.37	3.28	4.59	4.44	2.73	2.22	4.25	3.07	2.56	1.69	3.04
Meat Other Lower Fat	0.56	0.91	0.93	1.53	1.01	0.93	1.66	1.37	1.37	1.83	1.14
Milk and Fort. Plant bev. Higher Fat	0.50	0.79	0.42	0.54	2.41	0.54	0.97	0.48	2.18	1.16	0.81
Milk and Fort. Plant bev. Lower Fat	10.03	7.03	8.00	8.45	13.93	8.79	6.37	7.35	7.30	8.41	8.05
Milk prod. Other Higher Fat	9.83	8.49	7.32	6.49	6.02	7.94	7.42	7.26	6.70	4.81	7.77
Milk prod. Other Lower Fat	2.41	0.91	1.56	2.61	3.43	0.78	1.76	0.49	1.06	1.36	1.41
Miscellaneous	1.45	1.23	1.75	0.53	1.24	0.99	0.79	1.53	0.76	0.84	1.12
Mostly fat	0.41	0.46	0.37	0.66	0.23	0.28	0.28	0.36	0.29	0.48	0.36
Mostly sugar	0.53	0.29	0.12	0.12	0.12	0.17	0.43	0.38	0.28	0.09	0.30
Nuts and Seeds Higher Fat	0.09	1.09	0.43	0.28	0.37	0.22	0.33	0.51	0.21	0.52	0.39
Nuts and Seeds Lower Fat	.	.	.	0.00	.	.	.	.	.	0.00	0.00
Supplements	0.11	.	0.49	0.12	0.04	0.34	.	.	0.03	0.13	0.14

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|Vegetables Dark green leafy - Higher |        |        |        |        |        |        |        |        |        |        |        |
|fat                                 |    0.10|    0.05|    0.01|    0.15|       .|    0.03|    0.02|       .|    0.02|    0.08|    0.04|
|------------------------------------+--------+--------+--------+--------+--------+--------+--------+--------+--------+--------+--------|
|Vegetables Dark green leafy - Lower |        |        |        |        |        |        |        |        |        |        |        |
|fat                                 |    0.49|    0.70|    1.05|    0.87|    0.90|    0.50|    0.28|    0.30|    0.39|    0.43|    0.53|
|------------------------------------+--------+--------+--------+--------+--------+--------+--------+--------+--------+--------+--------|
|Vegetables Deep yellow or orange -  |        |        |        |        |        |        |        |        |        |        |        |
|Higher fat                          |    0.00|    0.01|    0.01|    0.06|       .|    0.02|    0.01|    0.01|    0.01|    0.00|    0.01|
|------------------------------------+--------+--------+--------+--------+--------+--------+--------+--------+--------+--------+--------|
|Vegetables Deep yellow or orange -  |        |        |        |        |        |        |        |        |        |        |        |
|Lower fat                           |    0.34|    0.44|    0.34|    0.38|    0.43|    0.27|    0.26|    0.16|    0.35|    0.46|    0.31|
|------------------------------------+--------+--------+--------+--------+--------+--------+--------+--------+--------+--------+--------|
|Vegetables Other - Higher fat       |    1.11|    0.59|    0.78|    0.62|    1.12|    0.73|    0.97|    0.74|    0.73|    0.55|    0.81|
|------------------------------------+--------+--------+--------+--------+--------+--------+--------+--------+--------+--------+--------|
|Vegetables Other - Lower fat        |    3.77|    3.56|    3.35|    4.87|    4.06|    2.91|    4.58|    3.80|    4.38|    4.05|    3.79|
|------------------------------------+--------+--------+--------+--------+--------+--------+--------+--------+--------+--------+--------|
|Vegetables White Potato - Higher fat|    1.14|    0.53|    0.85|    0.46|    0.33|    0.97|    0.77|    0.80|    0.64|    0.84|    0.81|
|------------------------------------+--------+--------+--------+--------+--------+--------+--------+--------+--------+--------+--------|
|Vegetables White Potato - Lower fat |    0.42|    0.70|    1.00|    1.14|    1.08|    0.60|    0.68|    0.75|    0.94|    1.57|    0.73|
|------------------------------------+--------+--------+--------+--------+--------+--------+--------+--------+--------+--------+--------|
|Total                               |  100.00|  100.00|  100.00|  100.00|  100.00|  100.00|  100.00|  100.00|  100.00|  100.00|  100.00|
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Table 4.2 Source of Nutrients in One Day Intake by Detail Food Groups

	Demographic										
	F18-34	F35-49	F50-64	F65-74	F75-84	M18-34	M35-49	M50-64	M65-74	M75-84	All Ages
	Percent Lipid	Percent Lipid	Percent Lipid	Percent Lipid	Percent Lipid	Percent Lipid	Percent Lipid	Percent Lipid	Percent Lipid	Percent Lipid	Percent Lipid
Food Groupings											
Alcohol	0.08	0.00	0.11	0.00	0.00	0.02	0.00	0.00	0.02	0.02	0.03
Beverages Higher calorie	0.14	0.03	0.05	0.07	0.04	0.10	0.04	0.04	0.06	0.05	0.07
Beverages Lower calorie	0.16	0.60	0.35	0.27	0.10	0.31	0.05	0.04	0.05	0.14	0.23
Eggs Higher Fat	3.11	2.66	3.72	2.50	2.63	3.04	2.66	3.36	3.69	3.03	3.02
Eggs Lower Fat	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fish and Shellfish Higher Fat	0.76	0.78	2.42	2.14	1.30	0.49	0.94	0.72	1.61	0.90	0.99
Fish and Shellfish Lower Fat	0.17	0.78	0.49	0.39	0.34	0.22	0.66	0.92	0.98	1.04	0.55
Fruit Deep Yellow, Orange Lower fat	0.02	0.06	0.04	0.05	0.06	0.01	0.02	0.03	0.06	0.03	0.03
Fruit Juice Higher fat	0.05	0.03	0.02	0.01	0.04	0.03	0.03	0.04	0.01	0.02	0.03
Fruit Juice Lower fat	0.14	0.09	0.14	0.11	0.12	0.13	0.07	0.15	0.13	0.15	0.12
Fruit Nectar Lower fat	0.00	.	.	.	0.00	.	.	.	0.00	.	0.00
Fruit Other - Higher fat	0.26	0.50	0.02	0.40	0.08	0.18	0.12	0.21	0.04	0.03	0.21
Fruit Other - Lower fat	0.52	0.57	0.96	0.95	1.01	0.35	0.51	0.51	0.73	0.84	0.57
Grain - Whole - Higher fat	0.26	0.48	0.32	0.32	0.92	0.54	0.85	0.82	0.92	0.34	0.58
Grain - Whole - Lower fat	1.40	0.92	1.46	2.16	3.19	1.80	2.18	1.40	1.89	2.02	1.69
Grain Non-Whole Enriched - Higher fat	7.72	6.45	7.26	8.83	10.18	6.01	7.55	7.60	7.68	8.97	7.24

Grain Non-Whole Enriched - Lower fat	4.88	4.76	3.67	6.83	3.90	5.22	4.40	5.75	4.86	4.07	4.88
Grain Non-Whole Non-Enriched - Higher fat	0.09	0.35	0.94	0.97	0.59	0.16	0.64	1.05	0.09	0.89	0.47
Grain Non-Whole Non-Enriched - Lower fat	0.19	0.26	0.32	0.73	0.34	0.31	0.41	0.20	0.36	0.31	0.32
Herbs, spices and condiments	0.28	0.09	0.16	0.17	0.12	0.09	0.12	0.25	0.19	0.10	0.15
Higher salt and/or Higher fat snack foods	0.52	0.06	0.43	0.14	0.06	0.30	0.56	0.67	0.50	0.29	0.39
Higher sugar and/or fat	10.04	9.82	6.47	5.53	5.18	6.88	7.85	4.82	4.43	4.23	7.37
Legumes Higher Fat	3.05	3.69	3.68	1.87	1.85	2.35	5.44	4.73	6.16	3.02	3.81
Legumes Lower Fat	0.18	0.77	0.31	0.22	0.30	0.14	0.28	0.30	0.39	0.21	0.31
Meal Replacement	0.10	0.01	0.18	0.05	0.04	0.05	0.07	0.00	0.28	0.14	0.08
Meat - Beef, etc. Higher Fat	3.67	3.81	5.45	3.83	3.08	6.21	4.55	5.93	3.54	2.41	4.68
Meat - Beef, etc. Lower Fat	2.01	3.97	2.71	2.17	2.91	3.21	2.07	1.79	2.30	3.25	2.64
Meat - Poultry Higher Fat	1.41	2.95	2.60	2.63	1.72	4.03	2.93	3.79	2.24	2.10	2.90

(Continued)

Table 4.2 Source of Nutrients in One Day Intake by Detail Food Groups

	Demographic										
	F18-34	F35-49	F50-64	F65-74	F75-84	M18-34	M35-49	M50-64	M65-74	M75-84	All Ages
	Percent Lipid	Percent Lipid	Percent Lipid	Percent Lipid	Percent Lipid	Percent Lipid	Percent Lipid	Percent Lipid	Percent Lipid	Percent Lipid	Percent Lipid
Food Groupings											
Meat - Poultry Lower Fat	1.95	1.23	0.99	2.22	1.85	1.77	1.66	1.10	0.96	1.73	1.54
Meat - Processed Higher Fat	2.71	4.13	4.58	2.38	1.91	4.33	4.72	5.23	3.09	6.68	4.09
Meat - Processed Lower Fat	0.27	0.17	0.14	0.22	0.21	0.52	0.16	0.20	0.28	0.22	0.26
Meat Other Higher Fat	0.70	1.68	3.03	4.38	1.58	1.53	3.57	2.16	1.63	1.47	2.14
Meat Other Lower Fat	0.18	0.28	0.33	0.47	0.39	0.36	0.42	0.50	0.44	0.46	0.36
Milk and Fort. Plant bev. Higher Fat	0.54	0.88	0.51	0.70	3.11	0.66	1.10	0.60	2.51	1.26	0.94
Milk and Fort. Plant bev. Lower Fat	3.83	3.16	3.31	3.75	6.18	4.33	3.11	3.53	3.10	3.90	3.63
Milk prod. Other Higher Fat	15.46	11.29	10.70	11.42	10.51	12.36	10.26	10.99	10.71	8.97	11.70
Milk prod. Other Lower Fat	1.26	0.30	0.44	0.59	1.12	0.48	0.44	0.69	0.36	0.47	0.58
Miscellaneous	1.44	1.65	2.04	0.47	1.57	1.42	0.72	1.18	0.85	0.93	1.25
Mostly fat	21.52	23.64	22.67	23.92	24.88	21.83	20.09	20.16	26.49	28.25	22.22
Mostly sugar	0.96	0.52	0.24	0.25	0.19	0.52	0.90	0.90	0.49	0.14	0.64
Nuts and Seeds Higher Fat	0.30	3.03	1.24	1.17	1.32	0.68	1.32	1.68	0.71	1.70	1.28
Nuts and Seeds Lower Fat	.	.	.	0.00	.	.	.	.	.	0.00	0.00
Supplements	0.01	.	0.00	0.01	0.02	0.02	.	.	0.00	0.05	0.01

Vegetables Dark green leafy - Higher fat	0.11	0.03	0.01	0.17	.	0.03	0.01	.	0.02	0.09	0.04
Vegetables Dark green leafy - Lower fat	0.06	0.09	0.14	0.13	0.12	0.07	0.04	0.04	0.05	0.05	0.07
Vegetables Deep yellow or orange - Higher fat	0.00	0.03	0.09	0.08	.	0.06	0.03	0.03	0.02	0.00	0.04
Vegetables Deep yellow or orange - Lower fat	0.06	0.10	0.09	0.11	0.09	0.05	0.04	0.05	0.06	0.09	0.06
Vegetables Other - Higher fat	1.74	0.57	1.39	0.86	2.56	1.57	1.96	1.33	1.50	1.04	1.47
Vegetables Other - Lower fat	1.51	0.87	0.94	1.91	1.30	1.09	1.52	1.41	1.32	1.04	1.27
Vegetables White Potato - Higher fat	4.15	1.68	2.49	1.20	0.88	3.90	2.72	3.07	2.04	2.52	2.87
Vegetables White Potato - Lower fat	0.03	0.19	0.38	0.26	0.10	0.21	0.22	0.05	0.18	0.36	0.18
Total	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00

Table 4.2 Source of Nutrients in One Day Intake by Detail Food Groups

	Demographic										
	F18-34	F35-49	F50-64	F65-74	F75-84	M18-34	M35-49	M50-64	M65-74	M75-84	All Ages
	Percent Tsat	Percent Tsat	Percent Tsat	Percent Tsat	Percent Tsat	Percent Tsat	Percent Tsat	Percent Tsat	Percent Tsat	Percent Tsat	Percent Tsat
Food Groupings											
Alcohol	0.13	0.00	0.21	0.00	0.00	0.03	0.00	0.00	0.04	0.01	0.04
Beverages Higher calorie	0.13	0.03	0.05	0.09	0.06	0.14	0.03	0.02	0.01	0.11	0.07
Beverages Lower calorie	0.27	0.78	0.76	0.46	0.10	0.55	0.05	0.04	0.05	0.22	0.36
Eggs Higher Fat	2.75	2.41	3.22	2.16	2.35	2.82	2.46	2.96	3.48	2.78	2.73
Eggs Lower Fat	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fish and Shellfish Higher Fat	0.47	0.55	2.60	1.20	0.61	0.39	0.66	0.59	0.88	0.45	0.74
Fish and Shellfish Lower Fat	0.11	0.27	0.32	0.22	0.25	0.14	0.47	0.53	0.64	0.63	0.32
Fruit Deep Yellow, Orange Lower fat	0.00	0.02	0.01	0.01	0.01	0.00	0.01	0.00	0.01	0.00	0.01
Fruit Juice Higher fat	0.02	0.01	0.01	0.01	0.05	0.01	0.02	0.02	0.00	0.01	0.01
Fruit Juice Lower fat	0.05	0.04	0.06	0.04	0.04	0.05	0.03	0.06	0.05	0.06	0.05
Fruit Nectar Lower fat	0.00	.	.	.	0.00	.	.	.	0.00	.	0.00
Fruit Other - Higher fat	0.12	0.23	0.01	0.18	0.03	0.09	0.06	0.10	0.02	0.02	0.10
Fruit Other - Lower fat	0.31	0.30	0.64	0.57	0.68	0.21	0.35	0.32	0.46	0.54	0.36
Grain - Whole - Higher fat	0.14	0.25	0.17	0.14	0.18	0.20	0.33	0.46	0.46	0.07	0.26
Grain - Whole - Lower fat	0.85	0.52	0.83	1.27	1.79	1.02	1.00	0.82	1.16	1.30	0.93
Grain Non-Whole Enriched - Higher fat	5.80	4.95	5.69	5.87	6.15	4.62	6.20	6.60	6.03	6.22	5.62

Grain Non-Whole Enriched - Lower fat	2.81	3.12	2.09	5.22	2.44	3.31	2.86	3.72	3.37	2.48	3.13
Grain Non-Whole Non-Enriched - Higher fat	0.04	0.12	0.46	1.91	0.35	0.08	0.30	1.15	0.08	0.53	0.35
Grain Non-Whole Non-Enriched - Lower fat	0.13	0.18	0.18	0.36	0.19	0.21	0.28	0.14	0.21	0.18	0.20
Herbs, spices and condiments	0.12	0.05	0.09	0.09	0.08	0.04	0.07	0.12	0.10	0.04	0.08
Higher salt and/or Higher fat snack foods	0.33	0.04	0.27	0.34	0.03	0.18	0.42	0.39	0.29	0.17	0.26
Higher sugar and/or fat	10.30	10.31	7.38	5.98	6.45	6.86	7.96	5.37	3.93	5.04	7.65
Legumes Higher Fat	1.43	1.95	1.73	0.77	0.67	1.34	2.72	2.17	2.97	1.54	1.88
Legumes Lower Fat	0.21	0.52	0.23	0.18	0.13	0.09	0.27	0.25	0.50	0.20	0.26
Meal Replacement	0.01	0.01	0.12	0.00	0.00	0.02	0.05	0.00	0.00	0.09	0.03
Meat - Beef, etc. Higher Fat	4.28	4.43	6.19	4.42	3.38	7.38	5.60	6.92	4.16	2.69	5.52
Meat - Beef, etc. Lower Fat	2.28	4.87	3.10	2.35	3.01	3.50	2.34	2.10	2.59	3.56	3.02
Meat - Poultry Higher Fat	1.14	2.40	2.14	2.03	1.39	3.54	2.50	3.31	1.96	1.76	2.46

(Continued)

Table 4.2 Source of Nutrients in One Day Intake by Detail Food Groups

	Demographic										
	F18-34	F35-49	F50-64	F65-74	F75-84	M18-34	M35-49	M50-64	M65-74	M75-84	All Ages
	Percent Tsat	Percent Tsat	Percent Tsat	Percent Tsat	Percent Tsat	Percent Tsat	Percent Tsat	Percent Tsat	Percent Tsat	Percent Tsat	Percent Tsat
Food Groupings											
Meat - Poultry Lower Fat	1.48	1.04	0.84	1.78	1.45	1.50	1.45	0.93	0.83	1.42	1.28
Meat - Processed Higher Fat	2.85	4.51	4.99	2.36	1.93	4.78	5.41	5.48	3.31	7.42	4.46
Meat - Processed Lower Fat	0.25	0.16	0.12	0.21	0.20	0.52	0.16	0.19	0.28	0.21	0.26
Meat Other Higher Fat	0.72	1.77	3.20	5.24	1.67	1.70	3.92	2.25	1.63	1.66	2.32
Meat Other Lower Fat	0.20	0.33	0.38	0.49	0.40	0.40	0.48	0.54	0.48	0.52	0.40
Milk and Fort. Plant bev. Higher Fat	0.99	1.64	0.95	1.26	5.60	1.25	2.15	1.10	4.75	2.38	1.76
Milk and Fort. Plant bev. Lower Fat	6.82	5.60	5.45	6.60	10.95	7.74	6.03	6.45	5.65	7.32	6.56
Milk prod. Other Higher Fat	30.04	21.04	20.17	20.33	18.12	23.51	20.18	20.17	20.33	16.93	22.24
Milk prod. Other Lower Fat	1.74	0.53	0.80	0.99	1.78	0.75	0.68	0.93	0.66	0.42	0.88
Miscellaneous	1.33	1.57	2.36	0.50	2.08	1.27	0.60	1.31	0.99	1.31	1.25
Mostly fat	12.77	19.18	18.08	20.13	20.46	13.69	15.40	14.82	23.03	25.60	16.44
Mostly sugar	1.01	0.75	0.26	0.34	0.25	0.71	0.97	1.32	0.56	0.19	0.78
Nuts and Seeds Higher Fat	0.17	1.28	0.41	0.34	0.42	0.29	0.47	0.65	0.31	0.69	0.51

Nuts and Seeds Lower Fat	.	.	.	0.00	.	.	.	.	.	0.00	0.00
Supplements	0.00	.	0.00	0.00	0.01	0.00	.	.	0.00	0.02	0.00
Vegetables Dark green leafy - Higher fat	0.05	0.01	0.02	0.04	.	0.01	0.01	.	0.03	0.15	0.02
Vegetables Dark green leafy - Lower fat	0.03	0.04	0.06	0.05	0.05	0.03	0.02	0.02	0.02	0.02	0.03
Vegetables Deep yellow or orange - Higher fat	0.00	0.01	0.05	0.04	.	0.06	0.01	0.04	0.02	0.01	0.03
Vegetables Deep yellow or orange - Lower fat	0.04	0.06	0.05	0.06	0.05	0.03	0.03	0.03	0.04	0.05	0.04
Vegetables Other - Higher fat	0.82	0.38	0.96	0.80	2.47	0.69	1.01	1.10	0.73	0.43	0.83
Vegetables Other - Lower fat	1.24	0.52	0.58	1.42	0.83	0.87	1.24	1.39	1.18	0.78	1.01
Vegetables White Potato - Higher fat	3.20	1.14	1.54	1.01	0.80	3.26	2.69	3.06	1.56	1.53	2.38
Vegetables White Potato - Lower fat	0.02	0.10	0.19	0.12	0.07	0.09	0.10	0.04	0.12	0.26	0.09
Total	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00

Table 4.2 Source of Nutrients in One Day Intake by Detail Food Groups

	Demographic										
	F18-34	F35-49	F50-64	F65-74	F75-84	M18-34	M35-49	M50-64	M65-74	M75-84	All Ages
	Percent Carbo	Percent Carbo	Percent Carbo	Percent Carbo	Percent Carbo	Percent Carbo	Percent Carbo	Percent Carbo	Percent Carbo	Percent Carbo	Percent Carbo
Food Groupings											
Alcohol	1.82	1.02	0.92	0.54	0.18	2.17	3.22	1.52	1.16	1.60	1.81
Beverages Higher calorie	4.58	2.76	1.34	0.41	0.31	7.84	4.25	2.81	2.53	0.77	4.03
Beverages Lower calorie	5.92	3.61	2.90	2.23	1.56	4.56	2.56	3.13	2.25	2.32	3.62
Eggs Higher Fat	0.10	0.10	0.18	0.07	0.08	0.10	0.08	0.10	0.14	0.11	0.10
Eggs Lower Fat	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fish and Shellfish Higher Fat	0.08	0.07	0.29	0.19	0.11	0.04	0.24	0.09	0.09	0.18	0.13
Fish and Shellfish Lower Fat	0.03	0.10	0.05	0.03	0.05	0.01	0.11	0.10	0.06	0.09	0.06
Fruit Deep Yellow, Orange Lower fat	0.23	1.28	0.57	0.70	0.56	0.26	0.36	0.56	0.79	0.37	0.52
Fruit Juice Higher fat	1.23	1.14	0.89	0.46	1.96	0.76	1.13	1.32	0.62	0.66	1.02
Fruit Juice Lower fat	3.90	2.72	3.54	3.07	3.46	3.52	2.37	3.56	2.91	3.73	3.20
Fruit Nectar Lower fat	0.00	.	.	.	0.02	.	.	.	0.06	.	0.00
Fruit Other - Higher fat	0.03	0.08	0.03	0.05	0.07	0.04	0.02	0.03	0.01	0.00	0.04
Fruit Other - Lower fat	5.91	7.88	12.33	13.61	13.11	4.10	6.83	7.60	9.94	12.17	7.54
Grain - Whole - Higher fat	0.39	0.81	0.38	0.42	1.38	0.70	1.00	0.57	0.72	0.76	0.69

Grain - Whole - Lower fat	5.14	4.22	5.53	6.92	10.24	6.20	5.16	4.89	9.67	6.93	5.81
Grain Non-Whole Enriched - Higher fat	7.85	7.42	7.93	8.93	9.08	6.32	8.97	9.30	6.86	9.89	7.89
Grain Non-Whole Enriched - Lower fat	21.79	22.66	19.96	19.66	17.54	23.40	21.09	25.30	23.29	18.86	22.12
Grain Non-Whole Non-Enriched - Higher fat	0.14	0.48	0.80	1.14	0.87	0.10	0.56	0.89	0.18	1.70	0.48
Grain Non-Whole Non-Enriched - Lower fat	3.81	6.60	6.30	8.17	3.98	8.51	9.97	5.23	5.79	3.75	6.96
Herbs, spices and condiments	0.70	0.61	0.64	0.46	0.58	0.76	0.45	0.77	0.44	0.31	0.62
Higher salt and/or Higher fat snack foods	0.49	0.09	0.50	0.10	0.02	0.26	0.41	0.55	0.40	0.14	0.34
Higher sugar and/or fat	5.22	5.46	3.83	2.71	2.24	3.19	4.52	2.65	1.97	1.89	3.88
Legumes Higher Fat	0.49	0.65	0.50	0.35	0.73	0.31	0.82	0.57	0.90	0.39	0.57
Legumes Lower Fat	0.68	0.83	1.00	0.59	1.09	0.50	0.94	0.81	0.91	0.83	0.77
Meal Replacement	0.45	0.08	0.65	0.12	0.04	0.20	0.26	0.03	0.31	0.18	0.25
Meat - Beef, etc. Higher Fat	0.07	0.05	0.13	0.03	0.04	0.27	0.05	0.03	0.11	0.05	0.11
Meat - Beef, etc. Lower Fat	0.01	0.11	0.08	0.00	0.12	0.01	0.02	0.00	0.00	0.10	0.03
Meat - Poultry Higher Fat	0.14	0.31	0.40	0.13	0.03	0.16	0.18	0.16	0.11	0.11	0.19

(Continued)

Table 4.2 Source of Nutrients in One Day Intake by Detail Food Groups

	Demographic										
	F18-34	F35-49	F50-64	F65-74	F75-84	M18-34	M35-49	M50-64	M65-74	M75-84	All Ages
	Percent Carbo	Percent Carbo	Percent Carbo	Percent Carbo	Percent Carbo	Percent Carbo	Percent Carbo	Percent Carbo	Percent Carbo	Percent Carbo	Percent Carbo
Food Groupings											
Meat - Poultry Lower Fat	0.11	0.00	0.00	0.01	0.01	0.03	0.06	0.01	0.01	0.00	0.04
Meat - Processed Higher Fat	0.11	0.15	0.13	0.10	0.06	0.17	0.16	0.15	0.12	0.26	0.15
Meat - Processed Lower Fat	0.01	0.02	0.03	0.02	0.01	0.04	0.02	0.02	0.02	0.01	0.02
Meat Other Higher Fat	0.08	0.12	0.11	0.03	0.00	0.04	0.12	0.03	0.05	0.00	0.07
Meat Other Lower Fat	0.00	0.00	0.00	0.05	0.00	0.00	0.00	0.00	0.00	0.01	0.00
Milk and Fort. Plant bev. Higher Fat	0.19	0.37	0.19	0.27	1.05	0.25	0.44	0.25	1.00	0.50	0.36
Milk and Fort. Plant bev. Lower Fat	4.13	4.21	4.00	4.22	6.13	4.28	3.06	3.59	3.58	3.79	3.92
Milk prod. Other Higher Fat	2.22	1.56	1.60	1.72	1.88	1.54	1.34	1.43	1.94	1.51	1.64
Milk prod. Other Lower Fat	2.33	0.77	1.03	1.31	2.31	1.02	0.87	0.71	0.58	0.82	1.14
Miscellaneous	1.45	2.61	1.81	0.82	0.94	1.23	1.18	1.47	0.86	0.73	1.43
Mostly fat	0.30	0.35	0.33	0.22	0.12	0.23	0.16	0.33	0.33	0.25	0.26
Mostly sugar	7.31	7.58	6.04	6.27	6.00	5.94	6.66	8.73	7.99	9.19	6.98
Nuts and Seeds Higher Fat	0.03	0.37	0.19	0.13	0.14	0.09	0.18	0.23	0.10	0.22	0.16
Nuts and Seeds Lower Fat	.	.	.	0.01	.	.	.	.	.	0.00	0.00

Supplements	0.00	.	0.19	0.07	0.05	0.02	.	.	0.00	0.15	0.03
Vegetables Dark green leafy - Higher fat	0.05	0.02	0.01	0.09	.	0.01	0.01	.	0.01	0.07	0.02
Vegetables Dark green leafy - Lower fat	0.21	0.37	0.53	0.47	0.40	0.26	0.15	0.16	0.20	0.21	0.27
Vegetables Deep yellow or orange - Higher fat	0.00	0.05	0.04	0.20	.	0.06	0.02	0.03	0.03	0.01	0.04
Vegetables Deep yellow or orange - Lower fat	0.69	1.57	0.98	1.36	1.35	0.70	0.74	0.57	1.06	1.29	0.91
Vegetables Other - Higher fat	1.50	0.58	1.28	1.24	1.56	1.05	1.36	0.91	0.93	0.64	1.12
Vegetables Other - Lower fat	4.05	4.29	4.08	4.84	4.20	3.65	3.34	3.69	4.01	5.21	3.89
Vegetables White Potato - Higher fat	2.85	1.58	2.43	1.40	0.92	3.01	2.35	2.52	1.83	2.22	2.37
Vegetables White Potato - Lower fat	1.18	2.26	3.31	4.03	3.39	2.09	2.25	2.62	3.13	5.00	2.40
Total	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00

Table 4.2 Source of Nutrients in One Day Intake by Detail Food Groups

	Demographic										
	F18-34	F35-49	F50-64	F65-74	F75-84	M18-34	M35-49	M50-64	M65-74	M75-84	All Ages
	Percent Td_fibre	Percent Td_fibre	Percent Td_fibre	Percent Td_fibre	Percent Td_fibre	Percent Td_fibre	Percent Td_fibre	Percent Td_fibre	Percent Td_fibre	Percent Td_fibre	Percent Td_fibre
Food Groupings											
Alcohol	0.98	0.49	0.31	0.21	0.01	1.80	2.55	1.03	0.66	0.75	1.19
Beverages Higher calorie	0.18	0.07	0.02	0.02	0.03	0.18	0.08	0.11	0.07	0.02	0.10
Beverages Lower calorie	0.02	0.23	0.01	0.10	0.13	0.07	0.04	0.05	0.03	0.05	0.07
Eggs Higher Fat	0.00	0.00	0.07	0.00	0.01	0.02	0.00	0.00	0.00	0.00	0.01
Eggs Lower Fat	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fish and Shellfish Higher Fat	0.03	0.02	0.06	0.05	0.02	0.02	0.10	0.01	0.04	0.01	0.04
Fish and Shellfish Lower Fat	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.03	0.02	0.13	0.01
Fruit Deep Yellow, Orange Lower fat	0.38	2.43	0.81	1.45	0.64	0.45	0.60	1.00	0.93	0.43	0.91
Fruit Juice Higher fat	0.15	0.29	0.05	0.18	0.7[illegible]	0.16	0.26	0.66	0.16	0.14	0.25
Fruit Juice Lower fat	1.31	1.33	0.77	0.73	0.74	1.44	0.77	1.33	0.80	1.09	1.09
Fruit Nectar Lower fat	0.00	.	.	.	0.01	.	.	.	0.06	.	0.00
Fruit Other - Higher fat	0.37	0.74	0.04	0.44	0.11	0.25	0.18	0.32	0.05	0.04	0.29
Fruit Other - Lower fat	10.50	13.35	17.09	18.63	16.64	7.91	11.22	12.80	14.37	17.18	12.46
Grain - Whole - Higher fat	0.76	1.54	0.70	0.73	1.96	1.30	2.04	0.96	1.15	1.71	1.30

Grain - Whole - Lower fat	11.23	7.50	9.41	11.77	17.14	13.19	10.33	10.32	18.99	12.21	11.54
Grain Non-Whole Enriched - Higher fat	5.44	4.60	3.78	5.21	4.96	4.21	5.30	3.87	3.64	4.89	4.61
Grain Non-Whole Enriched - Lower fat	19.48	17.41	16.41	16.45	18.50	19.83	16.79	24.02	19.05	16.99	18.60
Grain Non-Whole Non-Enriched - Higher fat	0.62	0.91	1.17	1.75	1.89	0.15	0.90	1.48	0.42	3.56	0.91
Grain Non-Whole Non-Enriched - Lower fat	1.45	2.16	3.58	4.68	2.63	4.20	4.89	2.56	2.70	2.41	3.30
Herbs, spices and condiments	0.98	0.84	0.59	1.03	1.41	1.06	0.63	0.94	0.78	0.38	0.86
Higher salt and/or Higher fat snack foods	0.24	0.04	0.19	0.03	0.00	0.13	0.17	0.23	0.14	0.04	0.14
Higher sugar and/or fat	5.07	4.74	2.63	1.57	1.10	3.09	3.42	1.94	1.08	0.95	3.13
Legumes Higher Fat	1.93	2.68	1.80	1.04	1.59	1.64	4.03	3.12	4.14	1.78	2.56
Legumes Lower Fat	2.87	3.44	4.06	2.25	3.01	2.38	4.29	2.40	2.84	2.14	3.13
Meal Replacement	0.15	0.08	0.45	0.07	0.00	0.19	0.18	0.03	0.01	0.00	0.15
Meat - Beef, etc. Higher Fat	0.07	0.10	0.28	0.02	0.02	0.68	0.07	0.06	0.19	0.11	0.21
Meat - Beef, etc. Lower Fat	0.01	0.07	0.15	0.00	0.05	0.01	0.03	0.00	0.00	0.13	0.04
Meat - Poultry Higher Fat	0.03	0.09	0.14	0.03	0.04	0.09	0.08	0.03	0.03	0.01	0.07

(Continued)

Table 4.2 Source of Nutrients in One Day Intake by Detail Food Groups

	Demographic										
	F18-34	F35-49	F50-64	F65-74	F75-84	M18-34	M35-49	M50-64	M65-74	M75-84	All Ages
	Percent Td_fibre	Percent Td_fibre	Percent Td_fibre	Percent Td_fibre	Percent Td_fibre	Percent Td_fibre	Percent Td_fibre	Percent Td_fibre	Percent Td_fibre	Percent Td_fibre	Percent Td_fibre
Food Groupings											
Meat - Poultry Lower Fat	0.11	0.00	0.00	0.01	0.02	0.03	0.07	0.00	0.00	0.00	0.04
Meat - Processed Higher Fat	0.02	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Meat - Processed Lower Fat	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Meat Other Higher Fat	0.09	0.13	0.10	0.01	0.00	0.06	0.06	0.01	0.02	0.02	0.06
Meat Other Lower Fat	0.00	0.00	0.00	0.27	0.00	0.00	0.00	0.01	0.00	0.00	0.02
Milk and Fort. Plant bev. Higher Fat	0.00	0.00	0.00	0.02	0.02	0.00	0.00	0.00	0.01	0.00	0.00
Milk and Fort. Plant bev. Lower Fat	0.57	1.08	0.83	0.23	0.12	0.70	0.16	0.18	0.30	0.12	0.51
Milk prod. Other Higher Fat	0.41	0.17	0.05	0.13	0.27	0.24	0.13	0.25	0.23	0.17	0.21
Milk prod. Other Lower Fat	0.37	0.06	0.08	0.07	0.03	0.17	0.02	0.02	0.03	0.03	0.11
Miscellaneous	3.10	3.76	2.52	0.23	1.05	3.06	2.65	1.72	0.76	0.93	2.46
Mostly fat	0.55	0.21	0.32	0.22	0.03	0.11	0.10	0.26	0.06	0.35	0.22
Mostly sugar	0.98	0.70	0.35	0.30	0.39	0.48	1.09	0.64	0.68	0.30	0.69
Nuts and Seeds Higher Fat	0.23	2.02	1.39	0.71	0.98	0.61	1.16	1.44	0.55	0.93	1.01
Nuts and Seeds Lower Fat	.	.	.	0.00	.	.	.	.	.	0.00	0.00

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|-----------------------------------+--------+--------+--------+--------+--------+--------+--------+--------+--------+--------+--------|
|Supplements                        |    0.00|       .|    0.00|    0.00|    0.00|    0.00|       .|       .|    0.00|    0.00|    0.00|
|-----------------------------------+--------+--------+--------+--------+--------+--------+--------+--------+--------+--------+--------|
|Vegetables Dark green leafy - Higher |      |        |        |        |        |        |        |        |        |        |        |
|fat                                |    0.37|    0.22|    0.04|    0.49|       .|    0.16|    0.10|       .|    0.09|    0.29|    0.17|
|-----------------------------------+--------+--------+--------+--------+--------+--------+--------+--------+--------+--------+--------|
|Vegetables Dark green leafy - Lower |       |        |        |        |        |        |        |        |        |        |        |
|fat                                |    2.18|    2.87|    4.05|    3.17|    2.71|    2.56|    1.27|    1.39|    1.48|    1.41|    2.27|
|-----------------------------------+--------+--------+--------+--------+--------+--------+--------+--------+--------+--------+--------|
|Vegetables Deep yellow or orange - |       |        |        |        |        |        |        |        |        |        |        |
|Higher fat                         |    0.01|    0.08|    0.04|    0.47|       .|    0.13|    0.09|    0.11|    0.08|    0.02|    0.10|
|-----------------------------------+--------+--------+--------+--------+--------+--------+--------+--------+--------+--------+--------|
|Vegetables Deep yellow or orange - |       |        |        |        |        |        |        |        |        |        |        |
|Lower fat                          |    3.04|    3.82|    2.71|    3.20|    3.28|    3.08|    2.61|    1.85|    2.52|    3.63|    2.93|
|-----------------------------------+--------+--------+--------+--------+--------+--------+--------+--------+--------+--------+--------|
|Vegetables Other - Higher fat      |    3.48|    1.57|    3.05|    2.22|    3.18|    2.93|    3.99|    2.11|    2.76|    2.52|    2.90|
|-----------------------------------+--------+--------+--------+--------+--------+--------+--------+--------+--------+--------+--------|
|Vegetables Other - Lower fat       |   13.88|   13.08|   13.60|   14.09|   10.44|   13.00|   11.52|   13.73|   12.61|   14.55|   12.96|
|-----------------------------------+--------+--------+--------+--------+--------+--------+--------+--------+--------+--------+--------|
|Vegetables White Potato - Higher fat |  4.74|    2.30|    2.78|    1.59|    0.78|    5.43|    3.32|    3.66|    2.21|    2.33|    3.44|
|-----------------------------------+--------+--------+--------+--------+--------+--------+--------+--------+--------+--------+--------|
|Vegetables White Potato - Lower fat |   1.59|    2.77|    3.50|    4.13|    3.26|    2.79|    2.71|    3.32|    3.25|    5.24|    2.91|
|-----------------------------------+--------+--------+--------+--------+--------+--------+--------+--------+--------+--------+--------|
|Total                              |  100.00|  100.00|  100.00|  100.00|  100.00|  100.00|  100.00|  100.00|  100.00|  100.00|  100.00|
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Table 4.2 Source of Nutrients in One Day Intake by Detail Food Groups

	Demographic										
	F18-34	F35-49	F50-64	F65-74	F75-84	M18-34	M35-49	M50-64	M65-74	M75-84	All Ages
	Percent Iron	Percent Iron	Percent Iron	Percent Iron	Percent Iron	Percent Iron	Percent Iron	Percent Iron	Percent Iron	Percent Iron	Percent Iron
Food Groupings											
Alcohol	0.59	1.18	1.40	1.00	0.61	0.61	0.90	1.18	1.16	1.01	0.92
Beverages Higher calorie	0.91	0.37	0.18	0.12	0.08	0.95	0.66	0.83	0.36	0.17	0.62
Beverages Lower calorie	2.79	3.89	3.02	3.70	2.45	1.98	2.56	2.58	2.40	2.45	2.72
Eggs Higher Fat	1.97	1.78	2.00	1.42	1.39	2.05	1.57	1.89	2.21	1.95	1.86
Eggs Lower Fat	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fish and Shellfish Higher Fat	0.51	0.53	1.72	1.51	0.51	0.38	0.97	0.32	0.91	0.77	0.74
Fish and Shellfish Lower Fat	0.69	1.79	1.31	1.16	0.92	1.02	3.38	3.07	1.65	2.40	1.82
Fruit Deep Yellow, Orange Lower fat	0.08	0.57	0.18	0.26	0.24	0.08	0.12	0.13	0.29	0.20	0.19
Fruit Juice Higher fat	0.36	0.29	0.23	0.13	0.31	0.21	0.29	0.27	0.11	0.16	0.25
Fruit Juice Lower fat	1.77	1.08	1.21	0.99	0.84	1.55	0.80	1.30	0.98	1.60	1.24
Fruit Nectar Lower fat	0.00	.	.	.	0.01	.	.	.	0.02	.	0.00
Fruit Other - Higher fat	0.09	0.18	0.01	0.12	0.01	0.05	0.04	0.07	0.01	0.01	0.07
Fruit Other - Lower fat	1.71	2.11	2.94	3.52	3.58	1.17	1.69	2.30	2.61	3.69	2.05
Grain - Whole - Higher fat	1.08	0.75	0.31	0.42	0.87	0.58	0.94	0.57	0.76	0.85	0.73

Grain - Whole - Lower fat	5.94	4.66	5.47	6.93	10.82	6.37	5.22	4.76	9.32	8.33	6.04
Grain Non-Whole Enriched - Higher fat	9.09	7.52	6.91	9.05	7.82	6.53	8.33	6.64	6.35	10.01	7.60
Grain Non-Whole Enriched - Lower fat	29.10	24.92	21.53	23.61	26.65	29.27	26.54	29.96	27.53	25.01	27.03
Grain Non-Whole Non-Enriched - Higher fat	0.23	0.31	0.92	1.22	1.07	0.14	0.54	0.92	0.18	1.76	0.50
Grain Non-Whole Non-Enriched - Lower fat	1.06	1.63	3.80	3.62	3.13	3.63	4.24	2.39	2.00	2.12	2.87
Herbs, spices and condiments	1.17	1.33	0.84	1.38	0.55	1.29	0.83	1.38	1.10	0.56	1.12
Higher salt and/or Higher fat snack foods	0.49	0.08	0.42	0.07	0.02	0.22	0.40	0.46	0.33	0.11	0.30
Higher sugar and/or fat	3.45	3.36	1.82	1.62	1.42	2.45	2.85	1.36	1.34	1.03	2.44
Legumes Higher Fat	1.43	2.25	2.87	1.22	1.27	1.24	1.89	1.38	6.32	1.05	2.02
Legumes Lower Fat	1.40	3.21	3.13	1.50	2.26	1.08	1.65	1.39	1.85	1.44	1.82
Meal Replacement	1.12	0.21	2.11	0.17	0.05	0.56	0.87	0.07	0.38	0.38	0.68
Meat - Beef, etc. Higher Fat	2.58	3.05	4.11	2.60	2.09	5.38	3.26	4.53	2.97	1.80	3.65
Meat - Beef, etc. Lower Fat	3.29	4.95	2.79	2.76	4.80	4.96	4.96	2.48	3.44	5.22	4.11
Meat - Poultry Higher Fat	0.85	1.54	1.50	1.37	0.86	2.22	1.44	1.99	1.30	1.11	1.55

(Continued)

Table 4.2 Source of Nutrients in One Day Intake by Detail Food Groups

	Demographic										
	F18-34	F35-49	F50-64	F65-74	F75-84	M18-34	M35-49	M50-64	M65-74	M75-84	All Ages
	Percent Iron	Percent Iron	Percent Iron	Percent Iron	Percent Iron	Percent Iron	Percent Iron	Percent Iron	Percent Iron	Percent Iron	Percent Iron
Food Groupings											
Meat - Poultry Lower Fat	1.97	1.52	1.19	2.68	1.58	1.99	1.36	1.55	1.11	1.82	1.66
Meat - Processed Higher Fat	0.87	1.32	1.15	0.94	0.49	1.50	1.30	2.02	0.90	2.11	1.29
Meat - Processed Lower Fat	0.21	0.22	0.16	0.22	0.20	0.58	0.19	0.23	0.31	0.25	0.29
Meat Other Higher Fat	0.33	0.84	1.30	1.42	0.56	0.71	1.19	0.99	0.75	0.52	0.87
Meat Other Lower Fat	0.11	0.19	0.22	0.41	0.22	0.20	0.33	0.29	0.30	0.35	0.24
Milk and Fort. Plant bev. Higher Fat	0.04	0.09	0.04	0.06	0.22	0.05	0.09	0.06	0.20	0.10	0.08
Milk and Fort. Plant bev. Lower Fat	1.31	1.14	1.43	0.93	1.57	1.41	0.63	0.75	0.96	0.77	1.09
Milk prod. Other Higher Fat	1.65	1.17	0.74	0.99	1.24	1.34	1.03	1.10	1.18	0.80	1.19
Milk prod. Other Lower Fat	0.46	0.14	0.18	0.31	0.34	0.20	0.16	0.16	0.11	0.22	0.22
Miscellaneous	2.08	2.06	2.07	1.79	1.61	1.36	1.21	2.44	0.86	0.89	1.66
Mostly fat	0.51	0.48	0.54	0.47	0.24	0.43	0.30	0.53	0.39	0.52	0.44
Mostly sugar	1.34	0.96	0.58	0.57	0.83	0.52	1.01	2.48	0.83	0.89	1.01
Nuts and Seeds Higher Fat	0.13	2.07	0.56	0.36	0.49	0.33	0.47	0.74	0.30	0.61	0.62
Nuts and Seeds Lower Fat	.	.	.	0.00	.	.	.	.	.	0.00	0.00

Supplements	0.01	.	0.75	0.23	0.09	0.05	.	.	0.00	0.24	0.09
Vegetables Dark green leafy - Higher fat	0.16	0.34	0.06	0.24	.	0.22	0.07	.	0.15	0.27	0.16
Vegetables Dark green leafy - Lower fat	1.36	1.77	3.57	2.22	3.43	1.44	0.91	0.95	1.14	0.88	1.56
Vegetables Deep yellow or orange - Higher fat	0.00	0.03	0.02	0.20	.	0.03	0.02	0.03	0.03	0.01	0.03
Vegetables Deep yellow or orange - Lower fat	0.91	1.21	0.90	1.06	1.15	0.81	0.71	0.61	0.86	1.17	0.88
Vegetables Other - Higher fat	1.93	0.91	1.39	1.05	2.13	1.44	2.01	1.36	1.48	1.39	1.53
Vegetables Other - Lower fat	7.82	7.46	7.15	9.28	6.50	6.11	7.18	6.82	7.78	7.69	7.19
Vegetables White Potato - Higher fat	2.16	1.24	1.48	0.71	0.33	2.27	1.49	1.51	1.08	1.02	1.60
Vegetables White Potato - Lower fat	0.88	1.30	1.83	2.38	2.17	1.05	1.38	1.15	1.38	2.28	1.34
Total	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00

Table 4.3 Source of Nutrients in One Day Intake by High/Low Fat Designation

	Demographic										
	F18-34	F35-49	F50-64	F65-74	F75-84	M18-34	M35-49	M50-64	M65-74	M75-84	All Ages
	Percent Energy	Percent Energy	Percent Energy	Percent Energy	Percent Energy	Percent Energy	Percent Energy	Percent Energy	Percent Energy	Percent Energy	Percent Energy
Food Groupings											
Fat level not specified	28.84	26.95	23.28	19.16	17.69	26.19	25.55	23.23	23.18	23.85	25.27
Higher Fat	28.93	29.39	32.13	29.23	29.07	29.19	32.28	33.69	29.74	29.54	30.47
Lower Fat	42.24	43.65	44.59	51.61	53.24	44.62	42.18	43.09	47.07	46.61	44.27
Total	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00

Table 4.3 Source of Nutrients in One Day Intake by High/Low Fat Designation

	Demographic										
	F18-34	F35-49	F50-64	F65-74	F75-84	M18-34	M35-49	M50-64	M65-74	M75-84	All Ages
	Percent Protein	Percent Protein	Percent Protein	Percent Protein	Percent Protein	Percent Protein	Percent Protein	Percent Protein	Percent Protein	Percent Protein	Percent Protein
Food Groupings											
Fat level not specified	7.81	6.35	6.62	4.16	3.32	5.69	5.42	4.86	3.81	4.13	5.69
Higher Fat	36.62	39.54	43.05	35.93	32.48	39.28	40.74	44.45	40.44	34.57	39.71
Lower Fat	55.57	54.10	50.33	59.91	64.20	55.04	53.84	50.69	55.74	61.29	54.60
Total	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00

Table 4.3 Source of Nutrients in One Day Intake by High/Low Fat Designation

	Demographic										
	F18-34	F35-49	F50-64	F65-74	F75-84	M18-34	M35-49	M50-64	M65-74	M75-84	All Ages
	Percent Lipid	Percent Lipid	Percent Lipid	Percent Lipid	Percent Lipid	Percent Lipid	Percent Lipid	Percent Lipid	Percent Lipid	Percent Lipid	Percent Lipid
Food Groupings											
Fat level not specified	35.25	36.42	32.71	30.88	32.21	31.55	30.39	28.07	33.36	34.35	32.44
Higher Fat	46.08	45.00	50.44	45.85	44.27	48.17	51.40	53.33	48.19	45.42	48.49
Lower Fat	18.67	18.58	16.85	23.26	23.53	20.28	18.21	18.61	18.45	20.23	19.08
Total	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00

Table 4.3 Source of Nutrients in One Day Intake by High/Low Fat Designation

	Demographic										
	F18-34	F35-49	F50-64	F65-74	F75-84	M18-34	M35-49	M50-64	M65-74	M75-84	All Ages
	Percent Tsat	Percent Tsat	Percent Tsat	Percent Tsat	Percent Tsat	Percent Tsat	Percent Tsat	Percent Tsat	Percent Tsat	Percent Tsat	Percent Tsat
Food Groupings											
Fat level not specified	26.39	32.71	29.57	27.93	29.52	23.50	25.53	23.41	29.00	32.79	26.95
Higher Fat	55.04	49.08	54.50	50.12	46.17	56.04	56.70	58.13	52.73	47.24	54.21
Lower Fat	18.57	18.21	15.94	21.95	24.31	20.46	17.77	18.46	18.27	19.97	18.83
Total	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00

Table 4.3 Source of Nutrients in One Day Intake by High/Low Fat Designation

	Demographic										
	F18-34	F35-49	F50-64	F65-74	F75-84	M18-34	M35-49	M50-64	M65-74	M75-84	All Ages
	Percent Carbo	Percent Carbo	Percent Carbo	Percent Carbo	Percent Carbo	Percent Carbo	Percent Carbo	Percent Carbo	Percent Carbo	Percent Carbo	Percent Carbo
Food Groupings											
Fat level not specified	28.24	24.19	19.15	13.97	12.06	26.39	23.65	21.98	18.25	17.55	23.24
Higher Fat	17.56	15.91	17.51	16.95	19.96	15.01	19.02	18.60	15.74	19.26	17.14
Lower Fat	54.20	59.90	63.34	69.08	67.98	58.60	57.33	59.42	66.01	63.19	59.62
Total	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00

Table 4.3 Source of Nutrients in One Day Intake by High/Low Fat Designation

	Demographic										
	F18-34	F35-49	F50-64	F65-74	F75-84	M18-34	M35-49	M50-64	M65-74	M75-84	All Ages
	Percent Td_fibre	Percent Td_fibre	Percent Td_fibre	Percent Td_fibre	Percent Td_fibre	Percent Td_fibre	Percent Td_fibre	Percent Td_fibre	Percent Td_fibre	Percent Td_fibre	Percent Td_fibre
Food Groupings											
Fat level not specified	12.25	11.17	7.39	3.77	4.16	10.18	10.91	6.96	4.29	3.77	9.01
Higher Fat	18.75	17.45	15.55	15.10	16.62	18.07	21.78	18.08	15.76	18.53	18.15
Lower Fat	68.99	71.37	77.05	81.14	79.22	71.76	67.31	74.96	79.95	77.70	72.83
Total	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00

Table 4.3 Source of Nutrients in One Day Intake by High/Low Fat Designation

	Demographic										
	F18-34	F35-49	F50-64	F65-74	F75-84	M18-34	M35-49	M50-64	M65-74	M75-84	All Ages
	Percent Iron	Percent Iron	Percent Iron	Percent Iron	Percent Iron	Percent Iron	Percent Iron	Percent Iron	Percent Iron	Percent Iron	Percent Iron
Food Groupings											
Fat level not specified	14.48	13.92	13.73	11.13	7.94	10.42	11.58	13.32	9.16	8.25	12.02
Higher Fat	25.45	26.19	27.28	25.02	21.65	26.67	26.98	26.39	27.20	26.30	26.34
Lower Fat	60.07	59.88	58.99	63.84	70.41	62.91	61.45	60.29	63.64	65.45	61.63
Total	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00

Table 4.4 Source of Nutrients in One Day Intake Summary by Sex

	Demographic		
	Female	Male	Both Sexes
	Percent Energy	Percent Energy	Percent Energy
Food Groupings			
Grain products	29.03	31.08	30.23
Meal Replacement and Supplements	0.29	0.20	0.24
Meat and Alternatives	17.08	19.11	18.27
Milk products	12.80	11.15	11.83
Other	25.26	24.86	25.03
Vegetables and Fruit	15.54	13.60	14.40
Total	100.00	100.00	100.00

Table 4.4 Source of Nutrients in One Day Intake Summary by Sex

	Demographic		
	Female	Male	Both Sexes
	Percent Protein	Percent Protein	Percent Protein
Food Groupings			
Grain products	20.33	20.64	20.52
Meal Replacement and Supplements	0.54	0.40	0.46
Meat and Alternatives	44.63	48.96	47.20
Milk products	19.56	16.98	18.04
Other	5.87	4.80	5.23
Vegetables and Fruit	9.07	8.21	8.56
Total	100.00	100.00	100.00

Table 4.4 Source of Nutrients in One Day Intake Summary by Sex

	Demographic		
	Female	Male	Both Sexes
	Percent Lipid	Percent Lipid	Percent Lipid
Food Groupings			
Grain products	14.79	15.46	15.18
Meal Replacement and Supplements	0.08	0.09	0.09
Meat and Alternatives	26.36	30.17	28.58
Milk products	17.65	16.27	16.84
Other	34.49	30.82	32.35
Vegetables and Fruit	6.63	7.20	6.96
Total	100.00	100.00	100.00

Table 4.4 Source of Nutrients in One Day Intake Summary by Sex

	Demographic		
	Female	Male	Both Sexes
	Percent Tsat	Percent Tsat	Percent Tsat
Food Groupings			
Grain products	10.11	10.79	10.50
Meal Replacement and Supplements	0.03	0.03	0.03
Meat and Alternatives	23.60	28.03	26.14
Milk products	32.52	30.65	31.44
Other	29.38	25.11	26.93
Vegetables and Fruit	4.37	5.40	4.96
Total	100.00	100.00	100.00

	Demographic		
	Female	Male	Both Sexes
	Percent Carbo	Percent Carbo	Percent Carbo
Food Groupings			
Grain products	41.26	45.90	43.94
Meal Replacement and Supplements	0.36	0.22	0.28
Meat and Alternatives	2.44	2.37	2.40
Milk products	7.92	6.44	7.07
Other	22.51	23.30	22.97
Vegetables and Fruit	25.50	21.77	23.35
Total	100.00	100.00	100.00

Table 4.4 Source of Nutrients in One Day Intake Summary by Sex

	Demographic		
	Female	Male	Both Sexes
	Percent Td_fibre	Percent Td_fibre	Percent Td_fibre
Food Groupings			
Grain products	37.58	42.44	40.27
Meal Replacement and Supplements	0.17	0.13	0.15
Meat and Alternatives	6.77	7.54	7.19
Milk products	1.08	0.63	0.83
Other	9.10	8.67	8.86
Vegetables and Fruit	45.30	40.60	42.69
Total	100.00	100.00	100.00

	Demographic		
	Female	Male	Both Sexes
	Percent Iron	Percent Iron	Percent Iron
Food Groupings			
Grain products	42.98	46.09	44.78
Meal Replacement and Supplements	1.05	0.58	0.77
Meat and Alternatives	21.05	23.62	22.54
Milk products	2.82	2.38	2.57
Other	12.33	10.46	11.25
Vegetables and Fruit	19.77	16.86	18.09
Total	100.00	100.00	100.00

Table 4.5 Detail Source of Nutrients in One Day Intake Summary by Sex

	Demographic		
	Female	Male	Both Sexes
	Percent Energy	Percent Energy	Percent Energy
Food Groupings			
Alcohol	2.85	4.34	3.72
Beverages Higher calorie	1.42	2.47	2.04
Beverages Lower calorie	2.26	1.75	1.97
Eggs Higher Fat	1.53	1.54	1.54
Eggs Lower Fat	0.00	0.00	0.00
Fish and Shellfish Higher Fat	0.88	0.60	0.72
Fish and Shellfish Lower Fat	0.70	0.82	0.77
Fruit Deep Yellow, Orange Lower fat	0.34	0.20	0.26
Fruit Juice Higher fat	0.58	0.48	0.52
Fruit Juice Lower fat	1.78	1.60	1.67
Fruit Nectar Lower fat	0.00	0.00	0.00
Fruit Other - Higher fat	0.12	0.06	0.08
Fruit Other - Lower fat	4.51	3.20	3.75
Grain - Whole - Higher fat	0.45	0.66	0.57
Grain - Whole - Lower fat	3.62	4.01	3.85
Grain Non-Whole Enriched - Higher fat	6.96	6.63	6.77
Grain Non-Whole Enriched - Lower fat	14.24	14.82	14.58
Grain Non-Whole Non-Enriched - Higher fat	0.44	0.41	0.42
Grain Non-Whole Non-Enriched - Lower fat	3.31	4.54	4.03
Herbs, spices and condiments	0.40	0.36	0.38
Higher salt and/or Higher fat snack foods	0.27	0.36	0.32
Higher sugar and/or fat	5.31	3.88	4.47
Legumes Higher Fat	1.51	1.87	1.73

Legumes Lower Fat	0.76	0.59	0.66
Meal Replacement	0.24	0.17	0.20
Meat - Beef, etc. Higher Fat	2.30	3.01	2.72
Meat - Beef, etc. Lower Fat	2.06	2.11	2.09
Meat - Poultry Higher Fat	1.55	2.16	1.91
Meat - Poultry Lower Fat	1.89	1.85	1.86
Meat - Processed Higher Fat	1.65	2.13	1.93
Meat - Processed Lower Fat	0.20	0.31	0.26
Meat Other Higher Fat	1.16	1.30	1.25
Meat Other Lower Fat	0.24	0.36	0.31
Milk and Fort. Plant bev. Higher Fat	0.52	0.68	0.61
Milk and Fort. Plant bev. Lower Fat	4.72	4.22	4.43
Milk prod. Other Higher Fat	6.27	5.50	5.82
Milk prod. Other Lower Fat	1.29	0.76	0.98
Miscellaneous	1.58	1.07	1.28
Mostly fat	7.54	7.07	7.26
Mostly sugar	3.63	3.57	3.59
Nuts and Seeds Higher Fat	0.63	0.45	0.52
Nuts and Seeds Lower Fat	0.00	0.00	0.00
Supplements	0.05	0.03	0.04
Vegetables Dark green leafy - Higher fat	0.04	0.01	0.03
Vegetables Dark green leafy - Lower fat	0.27	0.15	0.20
Vegetables Deep yellow or orange - Higher fat	0.04	0.03	0.03
Vegetables Deep yellow or orange - Lower fat	0.62	0.41	0.50
Vegetables Other - Higher fat	1.07	1.14	1.11
Vegetables Other - Lower fat	2.84	2.60	2.70
Vegetables White Potato - Higher fat	1.99	2.35	2.20
Vegetables White Potato - Lower fat	1.34	1.37	1.36
Total	100.00	100.00	100.00

Table 4.5 Detail Source of Nutrients in One Day Intake Summary by Sex

	Demographic		
	Female	Male	Both Sexes
	Percent Protein	Percent Protein	Percent Protein
Food Groupings			
Alcohol	0.26	0.57	0.44
Beverages Higher calorie	0.11	0.09	0.10
Beverages Lower calorie	0.95	0.66	0.78
Eggs Higher Fat	3.00	2.91	2.94
Eggs Lower Fat	0.02	0.01	0.02
Fish and Shellfish Higher Fat	2.53	1.61	1.99
Fish and Shellfish Lower Fat	3.09	3.48	3.32
Fruit Deep Yellow, Orange Lower fat	0.13	0.06	0.09
Fruit Juice Higher fat	0.11	0.11	0.11
Fruit Juice Lower fat	0.42	0.41	0.41
Fruit Nectar Lower fat	0.00	0.00	0.00
Fruit Other - Higher fat	0.04	0.02	0.02
Fruit Other - Lower fat	1.09	0.76	0.90
Grain - Whole - Higher fat	0.28	0.40	0.35
Grain - Whole - Lower fat	3.35	3.40	3.38
Grain Non-Whole Enriched - Higher fat	3.48	3.11	3.26
Grain Non-Whole Enriched - Lower fat	11.03	11.08	11.06
Grain Non-Whole Non-Enriched - Higher fat	0.32	0.23	0.26
Grain Non-Whole Non-Enriched - Lower fat	1.87	2.42	2.19
Herbs, spices and condiments	0.33	0.31	0.32
Higher salt and/or Higher fat snack foods	0.13	0.16	0.15
Higher sugar and/or fat	2.03	1.44	1.68
Legumes Higher Fat	1.88	2.16	2.05

Legumes Lower Fat	1.57	0.97	1.21
Meal Replacement	0.39	0.27	0.32
Meat - Beef, etc. Higher Fat	5.73	7.45	6.74
Meat - Beef, etc. Lower Fat	6.57	7.55	7.15
Meat - Poultry Higher Fat	4.12	5.85	5.15
Meat - Poultry Lower Fat	8.14	7.77	7.92
Meat - Processed Higher Fat	2.77	3.40	3.15
Meat - Processed Lower Fat	0.76	1.13	0.98
Meat Other Higher Fat	3.05	3.03	3.04
Meat Other Lower Fat	0.89	1.32	1.14
Milk and Fort. Plant bev. Higher Fat	0.70	0.88	0.81
Milk and Fort. Plant bev. Lower Fat	8.72	7.59	8.05
Milk prod. Other Higher Fat	8.29	7.41	7.77
Milk prod. Other Lower Fat	1.85	1.10	1.41
Miscellaneous	1.32	0.98	1.12
Mostly fat	0.44	0.30	0.36
Mostly sugar	0.30	0.30	0.30
Nuts and Seeds Higher Fat	0.52	0.31	0.39
Nuts and Seeds Lower Fat	0.00	0.00	0.00
Supplements	0.14	0.13	0.14
Vegetables Dark green leafy - Higher fat	0.07	0.02	0.04
Vegetables Dark green leafy - Lower fat	0.74	0.38	0.53
Vegetables Deep yellow or orange - Higher fat	0.01	0.01	0.01
Vegetables Deep yellow or orange - Lower fat	0.38	0.26	0.31
Vegetables Other - Higher fat	0.82	0.80	0.81
Vegetables Other - Lower fat	3.77	3.80	3.79
Vegetables White Potato - Higher fat	0.76	0.84	0.81
Vegetables White Potato - Lower fat	0.75	0.72	0.73
Total	100.00	100.00	100.00

Table 4.5 Detail Source of Nutrients in One Day Intake Summary by Sex

	Demographic		
	Female	Male	Both Sexes
	Percent Lipid	Percent Lipid	Percent Lipid
Food Groupings			
Alcohol	0.05	0.01	0.03
Beverages Higher calorie	0.07	0.06	0.07
Beverages Lower calorie	0.35	0.14	0.23
Eggs Higher Fat	2.98	3.04	3.02
Eggs Lower Fat	0.00	0.00	0.00
Fish and Shellfish Higher Fat	1.24	0.82	0.99
Fish and Shellfish Lower Fat	0.46	0.60	0.55
Fruit Deep Yellow, Orange Lower fat	0.04	0.02	0.03
Fruit Juice Higher fat	0.03	0.03	0.03
Fruit Juice Lower fat	0.12	0.11	0.12
Fruit Nectar Lower fat	0.00	0.00	0.00
Fruit Other - Higher fat	0.30	0.14	0.21
Fruit Other - Lower fat	0.69	0.49	0.57
Grain - Whole - Higher fat	0.38	0.72	0.58
Grain - Whole - Lower fat	1.42	1.88	1.69
Grain Non-Whole Enriched - Higher fat	7.45	7.09	7.24
Grain Non-Whole Enriched - Lower fat	4.78	4.95	4.88
Grain Non-Whole Non-Enriched - Higher fat	0.45	0.48	0.47
Grain Non-Whole Non-Enriched - Lower fat	0.30	0.33	0.32
Herbs, spices and condiments	0.18	0.14	0.15
Higher salt and/or Higher fat snack foods	0.29	0.47	0.39
Higher sugar and/or fat	8.60	6.49	7.37
Legumes Higher Fat	3.19	4.24	3.81

Legumes Lower Fat	0.41	0.24	0.31
Meal Replacement	0.08	0.08	0.08
Meat - Beef, etc. Higher Fat	4.02	5.16	4.68
Meat - Beef, etc. Lower Fat	2.86	2.49	2.64
Meat - Poultry Higher Fat	2.29	3.35	2.90
Meat - Poultry Lower Fat	1.56	1.53	1.54
Meat - Processed Higher Fat	3.45	4.55	4.09
Meat - Processed Lower Fat	0.20	0.31	0.26
Meat Other Higher Fat	1.88	2.33	2.14
Meat Other Lower Fat	0.28	0.42	0.36
Milk and Fort. Plant bev. Higher Fat	0.80	1.04	0.94
Milk and Fort. Plant bev. Lower Fat	3.63	3.63	3.63
Milk prod. Other Higher Fat	12.51	11.12	11.70
Milk prod. Other Lower Fat	0.71	0.48	0.58
Miscellaneous	1.52	1.06	1.25
Mostly fat	22.87	21.75	22.22
Mostly sugar	0.57	0.69	0.64
Nuts and Seeds Higher Fat	1.53	1.10	1.28
Nuts and Seeds Lower Fat	0.00	0.00	0.00
Supplements	0.01	0.01	0.01
Vegetables Dark green leafy - Higher fat	0.07	0.02	0.04
Vegetables Dark green leafy - Lower fat	0.09	0.05	0.07
Vegetables Deep yellow or orange - Higher fat	0.03	0.04	0.04
Vegetables Deep yellow or orange - Lower fat	0.08	0.05	0.06
Vegetables Other - Higher fat	1.23	1.64	1.47
Vegetables Other - Lower fat	1.22	1.31	1.27
Vegetables White Potato - Higher fat	2.54	3.10	2.87
Vegetables White Potato - Lower fat	0.17	0.19	0.18
Total	100.00	100.00	100.00

Table 4.5 Detail Source of Nutrients in One Day Intake Summary by Sex

	Demographic		
	Female	Male	Both Sexes
	Percent Tsat	Percent Tsat	Percent Tsat
Food Groupings			
Alcohol	0.08	0.02	0.04
Beverages Higher calorie	0.07	0.07	0.07
Beverages Lower calorie	0.54	0.23	0.36
Eggs Higher Fat	2.63	2.80	2.73
Eggs Lower Fat	0.00	0.00	0.00
Fish and Shellfish Higher Fat	0.96	0.57	0.74
Fish and Shellfish Lower Fat	0.22	0.39	0.32
Fruit Deep Yellow, Orange Lower fat	0.01	0.01	0.01
Fruit Juice Higher fat	0.02	0.01	0.01
Fruit Juice Lower fat	0.05	0.04	0.05
Fruit Nectar Lower fat	0.00	0.00	0.00
Fruit Other - Higher fat	0.14	0.07	0.10
Fruit Other - Lower fat	0.41	0.32	0.36
Grain - Whole - Higher fat	0.18	0.31	0.26
Grain - Whole - Lower fat	0.83	1.00	0.93
Grain Non-Whole Enriched - Higher fat	5.52	5.70	5.62
Grain Non-Whole Enriched - Lower fat	3.03	3.21	3.13
Grain Non-Whole Non-Enriched - Higher fat	0.36	0.35	0.35
Grain Non-Whole Non-Enriched - Lower fat	0.18	0.22	0.20
Herbs, spices and condiments	0.08	0.07	0.08
Higher salt and/or Higher fat snack foods	0.21	0.30	0.26
Higher sugar and/or fat	9.11	6.56	7.65
Legumes Higher Fat	1.55	2.13	1.88
Legumes Lower Fat	0.31	0.23	0.26

Meal Replacement	0.03	0.03	0.03
Meat - Beef, etc. Higher Fat	4.64	6.17	5.52
Meat - Beef, etc. Lower Fat	3.34	2.78	3.02
Meat - Poultry Higher Fat	1.85	2.91	2.46
Meat - Poultry Lower Fat	1.25	1.31	1.28
Meat - Processed Higher Fat	3.68	5.03	4.46
Meat - Processed Lower Fat	0.19	0.31	0.26
Meat Other Higher Fat	2.05	2.51	2.32
Meat Other Lower Fat	0.32	0.46	0.40
Milk and Fort. Plant bev. Higher Fat	1.48	1.97	1.76
Milk and Fort. Plant bev. Lower Fat	6.37	6.70	6.56
Milk prod. Other Higher Fat	23.59	21.24	22.24
Milk prod. Other Lower Fat	1.09	0.74	0.88
Miscellaneous	1.55	1.02	1.25
Mostly fat	17.06	15.98	16.44
Mostly sugar	0.68	0.86	0.78
Nuts and Seeds Higher Fat	0.61	0.43	0.51
Nuts and Seeds Lower Fat	0.00	0.00	0.00
Supplements	0.00	0.00	0.00
Vegetables Dark green leafy - Higher fat	0.03	0.02	0.02
Vegetables Dark green leafy - Lower fat	0.04	0.02	0.03
Vegetables Deep yellow or orange - Higher fat	0.02	0.03	0.03
Vegetables Deep yellow or orange - Lower fat	0.05	0.03	0.04
Vegetables Other - Higher fat	0.78	0.86	0.83
Vegetables Other - Lower fat	0.88	1.11	1.01
Vegetables White Potato - Higher fat	1.85	2.78	2.38
Vegetables White Potato - Lower fat	0.09	0.10	0.09
Total	100.00	100.00	100.00

Table 4.5 Detail Source of Nutrients in One Day Intake Summary by Sex

	Demographic		
	Female	Male	Both Sexes
	Percent Carbo	Percent Carbo	Percent Carbo
Food Groupings			
Alcohol	1.18	2.27	1.81
Beverages Higher calorie	2.74	4.98	4.03
Beverages Lower calorie	4.02	3.33	3.62
Eggs Higher Fat	0.11	0.10	0.10
Eggs Lower Fat	0.00	0.00	0.00
Fish and Shellfish Higher Fat	0.13	0.13	0.13
Fish and Shellfish Lower Fat	0.05	0.07	0.06
Fruit Deep Yellow, Orange Lower fat	0.68	0.41	0.52
Fruit Juice Higher fat	1.11	0.95	1.02
Fruit Juice Lower fat	3.37	3.09	3.20
Fruit Nectar Lower fat	0.00	0.01	0.00
Fruit Other - Higher fat	0.05	0.03	0.04
Fruit Other - Lower fat	8.92	6.53	7.54
Grain - Whole - Higher fat	0.58	0.78	0.69
Grain - Whole - Lower fat	5.43	6.08	5.81
Grain Non-Whole Enriched - Higher fat	7.92	7.86	7.89
Grain Non-Whole Enriched - Lower fat	21.24	22.77	22.12
Grain Non-Whole Non-Enriched - Higher fat	0.51	0.45	0.48
Grain Non-Whole Non-Enriched - Lower fat	5.57	7.97	6.96
Herbs, spices and condiments	0.63	0.61	0.62
Higher salt and/or Higher fat snack foods	0.30	0.37	0.34
Higher sugar and/or fat	4.60	3.35	3.88
Legumes Higher Fat	0.54	0.59	0.57
Legumes Lower Fat	0.80	0.75	0.77

Meal Replacement	0.31	0.20	0.25
Meat - Beef, etc. Higher Fat	0.07	0.13	0.11
Meat - Beef, etc. Lower Fat	0.06	0.01	0.03
Meat - Poultry Higher Fat	0.23	0.16	0.19
Meat - Poultry Lower Fat	0.04	0.04	0.04
Meat - Processed Higher Fat	0.12	0.16	0.15
Meat - Processed Lower Fat	0.02	0.03	0.02
Meat Other Higher Fat	0.09	0.06	0.07
Meat Other Lower Fat	0.01	0.00	0.00
Milk and Fort. Plant bev. Higher Fat	0.31	0.41	0.36
Milk and Fort. Plant bev. Lower Fat	4.26	3.67	3.92
Milk prod. Other Higher Fat	1.83	1.50	1.64
Milk prod. Other Lower Fat	1.51	0.86	1.14
Miscellaneous	1.77	1.19	1.43
Mostly fat	0.30	0.23	0.26
Mostly sugar	6.97	6.98	6.98
Nuts and Seeds Higher Fat	0.18	0.15	0.16
Nuts and Seeds Lower Fat	0.00	0.00	0.00
Supplements	0.05	0.01	0.03
Vegetables Dark green leafy - Higher fat	0.03	0.01	0.02
Vegetables Dark green leafy - Lower fat	0.36	0.20	0.27
Vegetables Deep yellow or orange - Higher fat	0.05	0.04	0.04
Vegetables Deep yellow or orange - Lower fat	1.12	0.76	0.91
Vegetables Other - Higher fat	1.16	1.10	1.12
Vegetables Other - Lower fat	4.22	3.65	3.89
Vegetables White Potato - Higher fat	2.12	2.55	2.37
Vegetables White Potato - Lower fat	2.33	2.46	2.40
Total	100.00	100.00	100.00

Table 4.5 Detail Source of Nutrients in One Day Intake Summary by Sex

	Demographic		
	Female	Male	Both Sexes
	Percent Td_fibre	Percent Td_fibre	Percent Td_fibre
Food Groupings			
Alcohol	0.53	1.72	1.19
Beverages Higher calorie	0.08	0.11	0.10
Beverages Lower calorie	0.10	0.05	0.07
Eggs Higher Fat	0.02	0.01	0.01
Eggs Lower Fat	0.00	0.00	0.00
Fish and Shellfish Higher Fat	0.04	0.05	0.04
Fish and Shellfish Lower Fat	0.00	0.01	0.01
Fruit Deep Yellow, Orange Lower fat	1.23	0.65	0.91
Fruit Juice Higher fat	0.22	0.27	0.25
Fruit Juice Lower fat	1.09	1.10	1.09
Fruit Nectar Lower fat	0.00	0.01	0.00
Fruit Other - Higher fat	0.40	0.20	0.29
Fruit Other - Lower fat	14.16	11.10	12.46
Grain - Whole - Higher fat	1.07	1.49	1.30
Grain - Whole - Lower fat	10.28	12.55	11.54
Grain Non-Whole Enriched - Higher fat	4.79	4.47	4.61
Grain Non-Whole Enriched - Lower fat	17.80	19.25	18.60
Grain Non-Whole Non-Enriched - Higher fat	1.05	0.80	0.91
Grain Non-Whole Non-Enriched - Lower fat	2.58	3.88	3.30
Herbs, spices and condiments	0.90	0.83	0.86
Higher salt and/or Higher fat snack foods	0.13	0.16	0.14
Higher sugar and/or fat	3.74	2.64	3.13
Legumes Higher Fat	1.99	3.02	2.56
Legumes Lower Fat	3.21	3.07	3.13

Meal Replacement	0.17	0.13	0.15
Meat - Beef, etc. Higher Fat	0.11	0.29	0.21
Meat - Beef, etc. Lower Fat	0.06	0.02	0.04
Meat - Poultry Higher Fat	0.07	0.06	0.07
Meat - Poultry Lower Fat	0.04	0.03	0.04
Meat - Processed Higher Fat	0.01	0.00	0.00
Meat - Processed Lower Fat	0.00	0.00	0.00
Meat Other Higher Fat	0.09	0.04	0.06
Meat Other Lower Fat	0.03	0.00	0.02
Milk and Fort. Plant bev. Higher Fat	0.00	0.00	0.00
Milk and Fort. Plant bev. Lower Fat	0.70	0.36	0.51
Milk prod. Other Higher Fat	0.22	0.20	0.21
Milk prod. Other Lower Fat	0.16	0.07	0.11
Miscellaneous	2.66	2.30	2.46
Mostly fat	0.32	0.14	0.22
Mostly sugar	0.64	0.73	0.69
Nuts and Seeds Higher Fat	1.11	0.93	1.01
Nuts and Seeds Lower Fat	0.00	0.00	0.00
Supplements	0.00	0.00	0.00
Vegetables Dark green leafy - Higher fat	0.25	0.11	0.17
Vegetables Dark green leafy - Lower fat	2.92	1.75	2.27
Vegetables Deep yellow or orange - Higher fat	0.09	0.10	0.10
Vegetables Deep yellow or orange - Lower fat	3.24	2.68	2.93
Vegetables Other - Higher fat	2.65	3.11	2.90
Vegetables Other - Lower fat	13.35	12.64	12.96
Vegetables White Potato - Higher fat	2.93	3.86	3.44
Vegetables White Potato - Lower fat	2.77	3.02	2.91
Total	100.00	100.00	100.00

Table 4.5 Detail Source of Nutrients in One Day Intake Summary by Sex

	Demographic		
	Female	Male	Both Sexes
	Percent Iron	Percent Iron	Percent Iron
Food Groupings			
Alcohol	0.98	0.88	0.92
Beverages Higher calorie	0.46	0.73	0.62
Beverages Lower calorie	3.26	2.34	2.72
Eggs Higher Fat	1.82	1.88	1.86
Eggs Lower Fat	0.00	0.00	0.00
Fish and Shellfish Higher Fat	0.87	0.64	0.74
Fish and Shellfish Lower Fat	1.22	2.25	1.82
Fruit Deep Yellow, Orange Lower fat	0.28	0.13	0.19
Fruit Juice Higher fat	0.28	0.23	0.25
Fruit Juice Lower fat	1.30	1.20	1.24
Fruit Nectar Lower fat	0.00	0.00	0.00
Fruit Other - Higher fat	0.10	0.05	0.07
Fruit Other - Lower fat	2.40	1.80	2.05
Grain - Whole - Higher fat	0.74	0.73	0.73
Grain - Whole - Lower fat	5.87	6.17	6.04
Grain Non-Whole Enriched - Higher fat	8.09	7.25	7.60
Grain Non-Whole Enriched - Lower fat	25.54	28.12	27.03
Grain Non-Whole Non-Enriched - Higher fat	0.55	0.47	0.50
Grain Non-Whole Non-Enriched - Lower fat	2.19	3.36	2.87
Herbs, spices and condiments	1.14	1.11	1.12
Higher salt and/or Higher fat snack foods	0.27	0.33	0.30
Higher sugar and/or fat	2.77	2.21	2.44
Legumes Higher Fat	1.93	2.09	2.02
Legumes Lower Fat	2.37	1.42	1.82

Meal Replacement	0.86	0.55	0.68
Meat - Beef, etc. Higher Fat	3.00	4.12	3.65
Meat - Beef, etc. Lower Fat	3.74	4.37	4.11
Meat - Poultry Higher Fat	1.25	1.77	1.55
Meat - Poultry Lower Fat	1.73	1.60	1.66
Meat - Processed Higher Fat	1.05	1.47	1.29
Meat - Processed Lower Fat	0.20	0.35	0.29
Meat Other Higher Fat	0.82	0.91	0.87
Meat Other Lower Fat	0.20	0.27	0.24
Milk and Fort. Plant bev. Higher Fat	0.07	0.09	0.08
Milk and Fort. Plant bev. Lower Fat	1.25	0.97	1.09
Milk prod. Other Higher Fat	1.22	1.16	1.19
Milk prod. Other Lower Fat	0.28	0.17	0.22
Miscellaneous	2.01	1.41	1.66
Mostly fat	0.49	0.40	0.44
Mostly sugar	0.95	1.06	1.01
Nuts and Seeds Higher Fat	0.86	0.45	0.62
Nuts and Seeds Lower Fat	0.00	0.00	0.00
Supplements	0.19	0.03	0.09
Vegetables Dark green leafy - Higher fat	0.19	0.13	0.16
Vegetables Dark green leafy - Lower fat	2.15	1.13	1.56
Vegetables Deep yellow or orange - Higher fat	0.04	0.03	0.03
Vegetables Deep yellow or orange - Lower fat	1.03	0.76	0.88
Vegetables Other - Higher fat	1.42	1.62	1.53
Vegetables Other - Lower fat	7.66	6.84	7.19
Vegetables White Potato - Higher fat	1.46	1.70	1.60
Vegetables White Potato - Lower fat	1.45	1.26	1.34
Total	100.00	100.00	100.00

Table 4.5 Source of Nutrients in One Day Intake Summary by Sex By High/Low Fat Designation

	Demographic		
	Female	Male	Both Sexes
	Percent Energy	Percent Energy	Percent Energy
Food Groupings			
Fat level not specified	25.55	25.06	25.27
Higher Fat	29.70	31.01	30.47
Lower Fat	44.75	43.92	44.27
Total	100.00	100.00	100.00

	Demographic		
	Female	Male	Both Sexes
	Percent Protein	Percent Protein	Percent Protein
Food Groupings			
Fat level not specified	6.41	5.20	5.69
Higher Fat	38.46	40.57	39.71
Lower Fat	55.14	54.24	54.60
Total	100.00	100.00	100.00

	Demographic		
	Female	Male	Both Sexes
	Percent Lipid	Percent Lipid	Percent Lipid
Food Groupings			
Fat level not specified	34.57	30.91	32.44
Higher Fat	46.38	50.00	48.49
Lower Fat	19.05	19.10	19.08
Total	100.00	100.00	100.00

Table 4.5 Source of Nutrients in One Day Intake Summary by Sex By High/Low Fat Designation

	Demographic		
	Female	Male	Both Sexes
	Percent Tsat	Percent Tsat	Percent Tsat
Food Groupings			
Fat level not specified	29.41	25.14	26.95
Higher Fat	51.94	55.89	54.21
Lower Fat	18.65	18.96	18.83
Total	100.00	100.00	100.00

	Demographic		
	Female	Male	Both Sexes
	Percent Carbo	Percent Carbo	Percent Carbo
Food Groupings			
Fat level not specified	22.88	23.51	23.24
Higher Fat	17.14	17.14	17.14
Lower Fat	59.99	59.35	59.62
Total	100.00	100.00	100.00

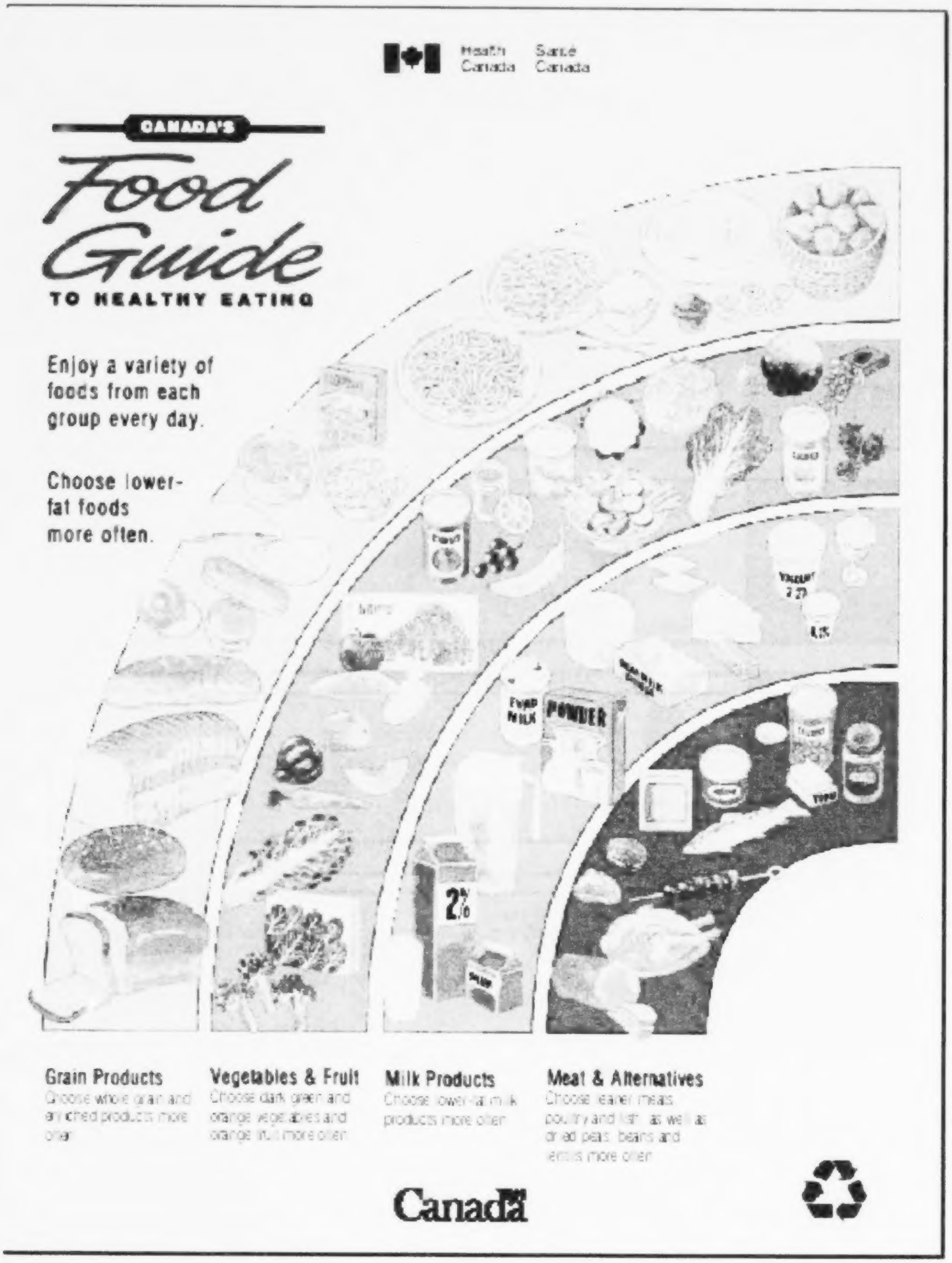
	Demographic		
	Female	Male	Both Sexes
	Percent Td_fibre	Percent Td_fibre	Percent Td_fibre
Food Groupings			
Fat level not specified	9.27	8.80	9.01
Higher Fat	17.10	19.00	18.15
Lower Fat	73.62	72.20	72.83
Total	100.00	100.00	100.00

Table 4.5 Source of Nutrients in One Day Intake Summary by Sex By High/Low Fat Designation

	Demographic		
	Female	Male	Both Sexes
	Percent Iron	Percent Iron	Percent Iron
Food Groupings			
Fat level not specified	13.37	11.04	12.02
Higher Fat	25.76	26.77	26.34
Lower Fat	60.87	62.19	61.63
Total	100.00	100.00	100.00

Appendix 1
Canada's Food Guide to Healthy Eating

Appendix A1 Canada's Food Guide to Healthy Eating



Health Canada Santé Canada

CANADA'S
Food Guide
TO HEALTHY EATING

Enjoy a variety of foods from each group every day.

Choose lower-fat foods more often.

EVAP MILK
POWDER
YOGURT
2%
TOFU

Grain Products
Choose whole grain and enriched products more often

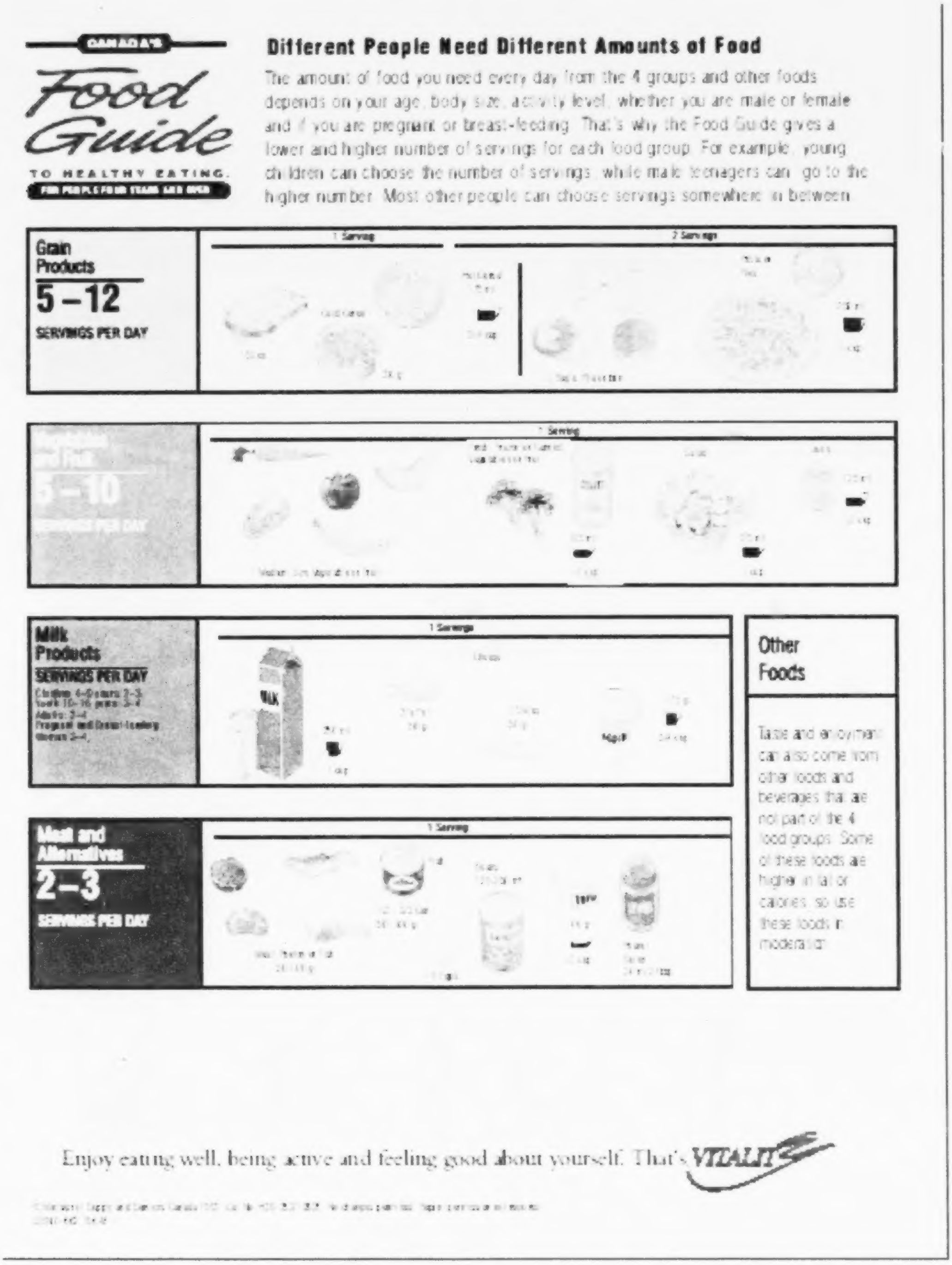
Vegetables & Fruit
Choose dark green and orange vegetables and orange fruit more often

Milk Products
Choose lower-fat milk products more often

Meat & Alternatives
Choose leaner meats, poultry and fish, as well as dried peas, beans and lentils more often

Canada

Appendix A1 Canada's Food Guide to Healthy Eating



CANADA'S
Food Guide
TO HEALTHY EATING
FOR PEOPLE FOUR YEARS AND OVER

Different People Need Different Amounts of Food

The amount of food you need every day from the 4 groups and other foods depends on your age, body size, activity level, whether you are male or female and if you are pregnant or breast-feeding. That's why the Food Guide gives a lower and higher number of servings for each food group. For example, young children can choose the number of servings, while male teenagers can go to the higher number. Most other people can choose servings somewhere in between.

Grain Products
5 – 12
SERVINGS PER DAY

1 Serving
2 Servings

Vegetables and Fruit
5 – 10
SERVINGS PER DAY

1 Serving

Milk Products
SERVINGS PER DAY
Children 4–9 years: 2–3
Youth 10–16 years: 3–4
Adults: 2–4
Pregnant and Breast-feeding Women: 3–4

1 Serving

Meat and Alternatives
2 – 3
SERVINGS PER DAY

1 Serving

Other Foods

Taste and enjoyment can also come from other foods and beverages that are not part of the 4 food groups. Some of these foods are higher in fat or calories, so use these foods in moderation.

Enjoy eating well, being active and feeling good about yourself. That's VITALIT

Appendix II
CFG Groups and Sub-Groups

December 4, 2002

Assigning CFG groups to CNF foods
Subgroups

1000 Grain Products
- 1100 Whole grain
    - 1101 Higher fat
    - 1102 Lower fat
- 1200 Non-whole grain
    - 1210 Enriched
        - 1211 Higher fat
        - 1212 Lower fat
    - 1220 Non-enriched
        - 1221 Higher fat
        - 1222 Lower fat

2000 Vegetables and Fruits
- 2100 Fruits
    - 2110 Deep yellow, orange (>1000 IU/100g)
        - 2111 Higher fat
        - 2112 Lower fat
    - 2120 Other
        - 2121 Higher fat
        - 2122 Lower fat
    - 2130 Juice
        - 2131 Higher fat
        - 2132 Lower fat
    - 2140 Nectar
        - 2141 Higher fat
        - 2142 Lower fat
- 2200 Vegetables
    - 2210 Dark green leafy
        - 2211 Higher fat
        - 2212 Lower fat
    - 2220 Deep yellow or orange (>5000 IU/100g)
        - 2221 Higher fat
        - 2222 Lower fat
    - 2230 White potatoes
        - 2231 Higher fat
        - 2232 Lower fat
    - 2240 Other
        - 2241 Higher fat
        - 2242 Lower fat

3000 Milk Products
- 3100 Milk and Fortified Plant Based Beverages
    - 3101 Higher fat

        - 3102 Lower fat
    - 3200 Other
        - 3201 Higher fat
        - 3202 Lower fat

4000 Meat and Alternatives

- 4100 Beef, Game and Organ meats
    - 4101 Higher fat
    - 4102 Lower fat
- 4200 Other Meats
    - 4201 Higher fat
    - 4202 Lower fat
- 4300 Poultry
    - 4301 Higher fat
    - 4302 Lower fat
- 4400 Fish and Shellfish
    - 4401 Higher fat
    - 4402 Lower fat
- 4500 Legumes
    - 4501 Higher fat
    - 4502 Lower fat
- 4600 Nuts and Seeds
    - 4601 Higher fat
    - 4602 Lower fat
- 4700 Eggs
    - 4701 Higher fat
    - 4702 Lower fat
- 4800 Processed Meats
    - 4801 Higher fat
    - 4802 Lower fat

5000 Other Foods

- 5100 Mostly fat
- 5200 Mostly sugar
- 5300 High salt and/or high fat snack foods
- 5400 Beverages
    - 5410 Higher calorie
    - 5420 Lower calorie
- 5500 Herbs, Spices and Condiments
- 5600 Alcohol
- 5700 Miscellaneous
- 5800 High sugar and/or high fat

6000 Meal Replacements and Supplements

- 6100 Meal Replacements
- 6200 Supplements

Appendix III
Variance Components for Food Groups

Variance Components

Nutrient	Scale	Pooled age sex group	Within Comp	Between Comp	With/-Between	Adj Factor R
Grain - Portions	Square Root	M 18-34	0.4720	0.2082	2.2667	0.5533
		M 35-54	0.3980	0.2339	1.7017	0.6084
		M 55-74	0.2016	0.2435	0.8279	0.7396
		M 75-84	0.2432	0.0616	3.9493	0.4495
		F 18-34	0.2945	0.0754	3.9074	0.4514
		F 35-54	0.3496	0.1440	2.4288	0.5400
		F 55-74	0.2455	0.0519	4.7330	0.4176
		F 75-84	0.1342	0.0937	1.4321	0.6412
Fruit and Veggies Portions	Square Root	M 18-34	0.6110	0.2358	2.5911	0.5277
		M 35-54	0.3876	0.3238	1.1972	0.6746
		M 55-74	0.3015	0.2986	1.0097	0.7054
		M 75-84	0.2203	0.2055	1.0716	0.6948
		F 18-34	0.4778	0.0965	4.9507	0.4099
		F 35-54	0.3341	0.1611	2.0733	0.5704
		F 55-74	0.2065	0.2115	0.9762	0.7114
		F 75-84	0.1245	0.2431	0.5121	0.8132

```
---------------------------------------------------------
|                            |      |Betwe-|With/-| Adj  |
|                            |Within|  en  |Betwe-|Factor|
|                            | Comp | Comp |  en  |  R   |
|----------------------------+------+------+------+------|
|Nutrient|Scale   |Pooled age|      |      |      |      |
|--------+--------|sex group |      |      |      |      |
|Milk and|Square  |M 18-34   |0.2678|0.2121|1.2630|0.6647|
|milk    |Root    |----------+------+------+------+------|
|products|        |M 35-54   |0.1533|0.2552|0.6005|0.7904|
|Portions|        |----------+------+------+------+------|
|        |        |M 55-74   |0.1176|0.1548|0.7593|0.7539|
|        |        |----------+------+------+------+------|
|        |        |M 75-84   |0.1200|0.1096|1.0948|0.6909|
|        |        |----------+------+------+------+------|
|        |        |F 18-34   |0.2020|0.1176|1.7176|0.6066|
|        |        |----------+------+------+------+------|
|        |        |F 35-54   |0.1622|0.1319|1.2298|0.6697|
|        |        |----------+------+------+------+------|
|        |        |F 55-74   |0.0974|0.1556|0.6255|0.7844|
|        |        |----------+------+------+------+------|
|        |        |F 75-84   |0.0631|0.1898|0.3322|0.8664|
|--------+--------+----------+------+------+------+------|
|Meat and|Square  |M 18-34   |19.671|10.527|1.8686|0.5904|
|alt     |Root    |----------+------+------+------+------|
|Grams   |        |M 35-54   |14.597|11.705|1.2470|0.6671|
|50g     |        |----------+------+------+------+------|
|        |        |M 55-74   |11.886|7.6331|1.5571|0.6254|
|        |        |----------+------+------+------+------|
|        |        |M 75-84   |13.073|3.9246|3.3311|0.4805|
|        |        |----------+------+------+------+------|
|        |        |F 18-34   |17.285|7.0524|2.4510|0.5383|
|        |        |----------+------+------+------+------|
|        |        |F 35-54   |10.903|9.0051|1.2107|0.6726|
|        |        |----------+------+------+------+------|
|        |        |F 55-74   |11.378|6.4455|1.7652|0.6014|
|        |        |----------+------+------+------+------|
|        |        |F 75-84   |12.687|2.3399|5.4218|0.3946|
|--------+--------+----------+------+------+------+------|
```

Nutrient	Scale	Pooled age sex group	Within Comp	Between Comp	With/-Between	Adj Factor R
Other in Grams	Quarter Root	M 18-34	0.7902	0.5234	1.5099	0.6312
		M 35-54	0.3960	0.5056	0.7833	0.7488
		M 55-74	0.2370	0.3530	0.6713	0.7715
		M 75-84	0.1725	0.4033	0.4277	0.8369
		F 18-34	0.3608	0.4410	0.8181	0.7416
		F 35-54	0.2645	0.3939	0.6716	0.7734
		F 55-74	0.1582	0.4623	0.3421	0.8632
		F 75-84	0.2323	0.2402	0.9669	0.7130

Nutrient	Scale	Pooled age sex group	Within Comp	Between Comp	With/Between	Adj Factor R
Fruit - Portions	Square Root	M 18-34	0.7710	0.2534	3.0428	0.4973
		M 35-54	0.5929	0.4257	1.3927	0.6465
		M 55-74	0.2918	0.3270	0.8923	0.7270
		M 75-84	0.2671	0.2670	1.0001	0.7071
		F 18-34	0.5365	0.1241	4.3244	0.4334
		F 35-54	0.2701	0.2932	0.9212	0.7215
		F 55-74	0.2284	0.2389	0.9563	0.7150
		F 75-84	0.1793	0.3114	0.5757	0.7967
Veggies Portions	Square Root	M 18-34	0.3834	0.1802	2.1274	0.5655
		M 35-54	0.3746	0.1395	2.6851	0.5209
		M 55-74	0.2522	0.2429	1.0379	0.7005
		M 75-84	0.2568	0.1561	1.6458	0.6148
		F 18-34	0.3633	0.0560	6.4919	0.3653
		F 35-54	0.3271	0.0769	4.2520	0.4364
		F 55-74	0.2757	0.1165	2.3671	0.5450
		F 75-84	0.1509	0.1641	0.9196	0.7218

Appendix C

Appendix C.1
Adjusted Values of Usual Intake of Grains in Number of Portions by Age and Sex.

Percentiles of Usual Intake	AGE and SEX										
	F19-34	F35-49	F50-64	F65-74	F75-84	M18-34	M35-49	M50-64	M65-74	M75-84	ALL
10th	3.4	2.6	3.0	3.3	3.0	4.8	4.6	3.4	3.2	3.6	3.3
25th	4.0	3.6	3.8	3.9	3.6	5.6	5.9	5.2	4.5	4.4	4.2
median	4.9	4.7	4.4	4.6	4.3	7.8	7.2	6.3	6.1	5.2	5.5
75th	5.8	5.7	5.2	5.3	5.5	9.9	8.9	8.2	7.8	6.1	7.2
90th	7.1	6.7	5.9	5.8	6.4	12.1	10.0	9.6	9.9	6.8	9.5
95th	7.9	7.2	6.7	6.5	6.9	13.0	11.4	10.7	11.1	7.4	10.9
mean	5.0	4.7	4.5	4.5	4.6	8.0	7.4	6.9	6.4	5.3	6.0

Appendix C.2
Adjusted Values of Usual Intake of Fruits and Vegetables, in Number of Portions, by Age and Sex.

Percentiles of Usual Intake	AGE and SEX										
	F19-34	F35-49	F50-64	F65-74	F75-84	M18-34	M35-49	M50-64	M65-74	M75-84	ALL ADULTS
10th	2.3	1.9	2.4	2.6	2.3	2.7	2.1	2.4	2.2	2.9	2.2
25th	2.8	2.6	3.5	3.5	2.7	3.3	3.1	3.6	3.2	3.5	3.0
median	3.6	3.6	4.6	4.6	4.4	4.2	4.8	4.6	5.1	5.2	4.2
75th	4.4	4.7	6.2	6.2	5.6	5.9	6.7	5.9	6.5	6.6	5.7
90th	5.3	6.4	7.9	7.5	7.5	8.1	8.6	7.8	8.1	7.9	7.5
95th	6.9	8.0	9.4	9.0	9.0	9.3	10.2	10.4	9.0	9.4	8.9
mean	3.8	4.0	4.9	4.9	4.5	4.9	5.0	5.0	5.0	5.4	4.6

Appendix C.2a
Adjusted Values of Usual Intake of Vegetables, in number of portions, by Age and Sex.

	AGE and SEX										
Percentiles of Usual Intake	F19-34	F35-49	F50-64	F65-74	F75-84	M18-34	M35-49	M50-64	M65-74	M75-84	ALL ADULTS
10th	1.1	1.1	1.4	1.5	0.9	1.5	1.2	1.5	0.9	1.6	1.2
25th	1.5	1.4	2.0	2.0	1.3	2.2	1.8	1.9	1.7	2.2	1.8
median	2.0	2.0	2.6	2.6	2.0	2.8	2.7	2.6	2.5	2.8	2.4
75th	2.5	2.7	3.1	3.3	3.0	3.7	3.5	3.3	3.9	3.8	3.2
90th	3.1	3.6	3.8	4.6	4.0	5.4	4.7	4.9	5.2	4.4	4.3
95th	3.9	4.2	4.9	5.0	5.4	5.9	5.2	5.2	5.7	5.3	5.3
mean	2.1	2.2	2.6	2.8	2.3	3.1	2.8	2.8	2.9	3.0	2.6

Appendix C.2b
Adjusted Values of Usual Intake of Fruits, in Number of Portions, by Age and Sex.

	AGE and SEX										
Percentiles of Usual Intake	F19-34	F35-49	F50-64	F65-74	F75-84	M18-34	M35-49	M50-64	M65-74	M75-84	ALL ADULTS
10th	0.2	0.1	0.2	0.4	0.2	0.1	0.2	0.1	0.1	0.2	0.1
25th	0.5	0.1	0.9	1.2	0.9	0.3	0.2	0.2	0.9	1.2	0.4
median	1.2	1.1	1.9	1.8	2.1	0.9	1.2	1.5	1.8	1.9	1.4
75th	1.8	1.9	2.6	2.4	2.8	2.0	2.4	2.4	2.9	2.7	2.3
90th	2.5	3.5	3.7	3.5	3.5	3.0	3.9	3.7	3.7	4.3	3.6
95th	2.7	4.8	4.7	4.1	4.0	4.2	5.6	4.8	4.7	5.3	4.4
mean	1.3	1.6	1.9	1.9	2.0	1.3	1.7	1.8	1.9	2.1	1.6

Appendix C.3

Adjusted Values of Usual Intake of Milk and Milk Products, in Number of Portions, by Age and Sex.

	AGE and SEX										
Percentiles of Usual Intake	F19-34	F35-49	F50-64	F65-74	F75-84	M18-34	M35-49	M50-64	M65-74	M75-84	ALL ADULTS
10th	0.4	0.1	0.4	0.1	0.4	0.4	0.1	0.1	0.4	0.3	0.2
25th	0.8	0.6	0.6	0.5	0.9	1.0	0.5	0.7	0.8	0.6	0.7
median	1.3	1.0	1.0	1.0	1.5	1.7	1.4	1.2	1.2	1.0	1.2
75th	1.8	1.6	1.6	1.6	2.0	2.6	2.3	2.0	1.8	1.5	1.9
90th	2.6	2.1	2.0	2.2	2.8	3.8	3.5	3.0	2.7	1.8	2.8
95th	2.9	2.5	2.5	2.5	3.5	4.4	4.1	3.2	3.1	2.3	3.4
mean	1.4	1.1	1.2	1.1	1.6	1.9	1.6	1.4	1.4	1.1	1.4

Appendix C.4

Adjusted Values of Usual Intake of Meat and Alternatives in Number of Portions by Age and Sex. (Meat / Alt serving equivalent is 50 grams.)

	AGE and SEX										
Percentile of Usual Intake	**F19-34**	**F35-49**	**F50-64**	**F65-74**	**F75-84**	**M18-34**	**M35-49**	**M50-64**	**M65-74**	**M75-84**	**ALL**
10th	0.6	0.8	1.3	1.3	1.0	1.8	1.6	1.8	1.7	1.9	1.2
25th	1.3	1.8	1.7	1.8	1.3	3.0	2.5	2.5	2.5	2.3	1.9
median	2.1	2.5	2.6	2.4	1.7	4.1	3.7	3.4	3.2	2.8	2.9
75th	2.8	3.6	3.3	3.2	2.1	5.6	5.1	4.5	4.3	3.3	4.1
90th	3.3	5.0	4.8	3.6	2.9	7.1	6.5	5.9	5.5	4.0	5.7
95th	3.6	5.9	5.7	4.6	3.2	8.3	7.8	7.8	6.0	4.5	6.6
mean	2.1	2.7	2.7	2.5	1.8	4.5	4.0	3.8	3.4	2.8	3.2

Appendix C.5
Adjusted Values of Usual Intakes for OTHER Foods, in grams, by Age and Sex.

	AGE and SEX										
Percentiles of Usual Intake	F19-34	F35-49	F50-64	F65-74	F75-84	M18-34	M35-49	M50-64	M65-74	M75-84	ALL ADULTS
10th	970.4	1111.1	1024.3	767.3	627.2	1179.7	1140.8	664.3	950.3	631.3	972.9
25th	1283.8	1323.2	1378.6	1141.1	922.4	1501.6	1459.9	1131.1	1194.6	1038.4	1302.8
median	1778.3	1708.6	1845.7	1361.0	1226.0	2043.2	2026.9	1619.1	1551.5	1361.2	1752.7
75th	2449.5	2150.9	2327.9	1874.7	1416.1	2609.2	2720.5	2307.7	1930.9	1792.1	2333.9
90th	3259.6	2853.7	3083.5	2330.3	1733.0	3193.4	3398.3	2776.7	2472.4	2253.2	3046.2
95th	3633.0	3274.3	3249.4	2563.8	2010.1	3519.6	3710.2	2937.0	2658.2	2682.5	3409.0
mean	1963.9	1856.3	1903.6	1542.8	1206.1	2138.8	2158.8	1720.2	1615.8	1454.0	1890.6

Appendix D

Appendix D.1

Source of Percent Energy in One-Day Intakes for each Major Food Group, by Age and Sex.

**Column Totals may not add to 100% because of rounding.*

	AGE and SEX												
Food Group	**F19-34**	**F35-49**	**F50-64**	**F65-74**	**F75-84**	**All Females**	**M18-34**	**M35-49**	**M50-64**	**M65-74**	**M75-84**	**All Males**	**All Adults**
Grain Products	28.7	28.3	28.1	32.3	32.0	29.0	30.4	31.5	31.6	31.9	29.3	31.1	30.2
Meat & Alternatives	13.2	19.7	20.0	18.0	14.4	17.1	18.7	19.5	20.3	18.0	18.1	19.1	18.3
Milk & Milk Products	14.5	11.5	11.1	12.1	16.7	12.8	12.1	10.3	10.6	11.7	10.5	11.2	11.8
Fruit & Vegetables	14.7	13.6	17.6	18.4	19.2	15.5	12.7	13.2	14.3	15.2	18.3	13.6	14.4
Other	28.8	27.0	23.3	19.2	17.7	25.6	26.2	25.5	23.2	23.2	23.9	25.1	25.3

Appendix D.2

Source of Protein, Expressed as a Percentage for One-Day Intakes by Each Major Food Group, by Age and Sex.

**Columns may not total 100% because of rounding*

	AGE and SEX												
Food Group	**F19-34**	**F35-49**	**F50-64**	**F65-74**	**F75-84**	**All Females**	**M18-34**	**M35-49**	**M50-64**	**M65-74**	**M75-84**	**All Males**	**All Adults**
Grain Products	22.1	19.6	18.8	19.6	21.5	20.3	19.5	21.1	20.4	23.3	21.1	20.6	20.5
Meat & Alternatives	38.5	48.5	48.0	47.5	39.0	44.6	49.7	48.1	51.0	46.4	48.8	49.0	47.2
Milk & Milk Products	22.8	17.2	17.3	18.1	25.8	19.6	18.1	16.5	15.6	17.2	15.8	17.0	18.0
Fruit & Vegetables	8.8	8.3	9.3	10.7	10.3	9.1	7.1	8.9	8.2	9.3	10.3	8.2	8.6
Other	7.8	6.4	6.6	4.2	3.3	6.4	5.7	5.4	4.9	3.8	4.1	5.2	5.7

Appendix D.3

Source of Total Fat, Expressed as a Percentage for One-Day Intakes by Each Major Food Group, by Age and Sex.

**Column total may not add to 100% because of rounding.*

	AGE and SEX												
Food Group	**F19-34**	**F35-49**	**F50-64**	**F65-74**	**F75-84**	**All Females**	**M18-34**	**M35-49**	**M50-64**	**M65-74**	**M75-84**	**All Males**	**All Adults**
Grain Products	14.6	13.2	14.0	19.8	19.1	14.8	14.0	16.0	16.8	15.8	16.6	15.5	15.2
Meat & Alternatives	20.5	29.9	31.7	26.6	21.4	26.4	28.9	31.4	32.4	28.0	28.2	30.2	28.6
Milk & Milk Products	21.1	15.6	15.0	16.5	20.9	17.7	17.8	14.9	15.8	16.7	14.6	16.3	16.8
Fruit & Vegetables	8.7	4.8	6.7	6.3	6.4	6.6	7.7	7.3	6.9	6.2	6.3	7.2	7.0
Other	35.3	36.4	32.7	30.9	32.2	34.6	31.5	30.4	28.1	33.4	34.4	30.9	32.4

Appendix D.4

Source of Saturated Fat, Expressed as a Percentage for One-Day Intakes by Each Major Food Group, by Age and Sex.

**Column totals may [illegible]*

	AGE and SEX												
Food Group	**F19-34**	**F35-49**	**F50-64**	**F65-74**	**F75-84**	**All Females**	**M18-34**	**M35-49**	**M50-64**	**M65-74**	**M75-84**	**All Males**	**All Adults**
Grain Products	9.8	9.1	9.4	14.8	11.1	10.1	9.4	11.0	12.9	11.3	10.8	10.8	10.5
Meat & Alternatives	18.3	26.5	29.5	23.8	17.9	23.6	28.4	28.9	28.9	24.0	25.5	28.0	26.1
Milk & Milk Products	39.6	28.8	27.4	29.2	36.4	32.5	33.3	29.0	28.7	31.4	27.1	30.7	31.4
Fruit & Vegetables	5.9	2.9	4.2	4.4	5.1	4.4	5.4	5.6	6.2	4.3	3.9	5.4	5.0
Other	26.4	32.7	29.6	27.9	29.5	29.4	23.5	25.5	23.4	29.0	32.8	25.1	27.0

Appendix D.5
Source of Carbohydrates, Expressed as a Percentage for One Day Intake by Each Major Food Group, by Age and Sex.
**Column totals may not add to 100% because of rounding*

	AGE and SEX												
Food Group	**F19-34**	**F35-49**	**F50-64**	**F65-74**	**F75-84**	**All Females**	**M18-34**	**M35-49**	**M50-64**	**M65-74**	**M75-84**	**All Males**	**All Adults**
Grain Products	39.1	42.2	40.9	45.2	43.1	41.3	45.2	46.8	46.2	46.5	41.9	[illegible]	43.9
Meat & Alternatives	1.9	2.9	3.1	1.8	2.5	2.4	1.8	3.0	2.3	2.6	[illegible]	2.4	2.4
Milk & Milk Products	8.9	6.9	6.8	7.5	11.4	7.9	7.1	5.7	6.0	7.1	6.6	6.4	7.1
Fruit & Vegetables	21.9	23.8	30.0	31.5	31.0	25.5	19.5	20.9	23.6	25.5	31.6	21.8	23.4
Other	28.2	24.2	19.2	14.0	12.1	22.9	26.4	23.7	22.0	18.2	17.6	23.5	23.3

Appendix D.6
Source of Total Dietary Fibre, Expressed as a Percentage, for One Day Intakes by Each Major Food Group by Age and Sex.
**Column totals may not add to 100% because of rounding.*

	AGE and SEX												
Food Group	**F19-34**	**F35-49**	**F50-64**	**F65-74**	**F75-84**	**All Females**	**M18-34**	**M35-49**	**M50-64**	**M65-74**	**M75-84**	**All Males**	**All Adults**
Grain Products	39.0	34.1	35.1	40.6	47.1	37.6	42.9	40.3	43.2	46.0	41.8	42.4	40.3
Meat & Alternatives	5.4	8.5	8.1	4.4	5.8	6.8	5.5	9.9	7.1	7.8	5.3	7.5	7.2
Milk & Milk Products	1.4	1.3	1.0	0.4	0.4	1.1	1.1	0.3	0.5	0.6	0.3	0.6	0.8
Fruit & Vegetables	42.0	44.8	48.5	50.8	42.6	45.3	40.3	38.6	42.3	41.4	48.9	40.6	42.7
Other	12.3	11.2	7.4	3.8	4.2	9.3	10.2	10.9	7.0	4.3	3.8	8.8	9.0

Appendix D.7

Source of Dietary Folate Equivalents, Expressed as a Percentage, for One Day Intakes by Each Major Food Group by Age and Sex.

**Column totals may not add to 100% because of rounding.*

	AGE and SEX												
Food Group	**F19-34**	**F35-49**	**F50-64**	**F65-74**	**F75-84**	**All Females**	**M18-34**	**M35-49**	**M50-64**	**M65-74**	**M75-84**	**All Males**	**All Adults**
Grain Products	54.8	53.5	43.7	48.4	40.2	50.7	58.9	54.7	57.8	53.4	46.0	56.3	54.0
Meat & Alternatives	6.5	8.9	10.2	6.7	13.8	8.4	7.3	8.6	7.4	10.2	9.9	8.2	8.3
Milk & Milk Products	4.8	3.8	3.6	4.4	6.7	4.3	4.0	3.6	3.5	4.1	4.0	3.8	4.0
Fruit & Vegetables	24.4	25.9	31.4	33.3	31.2	27.6	21.5	21.4	22.6	24.6	31.8	22.3	24.5
Other	9.6	7.9	11.2	7.2	8.1	9.0	8.4	11.7	8.8	7.8	8.4	9.5	9.3

Appendix D.8

Source of Vitamin B6, Expressed as a Percentage, for One Day Intakes by Each Major Food Group by Age and Sex.

**Column totals may not add to 100% because of rounding.*

	AGE and SEX												
Food Group	**F19-34**	**F35-49**	**F50-64**	**F65-74**	**F75-84**	**All Females**	**M18-34**	**M35-49**	**M50-64**	**M65-74**	**M75-84**	**All Males**	**All Adults**
Grain Products	16.9	15.1	[illegible]	[illegible]	19.0	[illegible]	15.6	18.4	[illegible]	17.9	16.2	16.9	16.4
Meat & Alternatives	24.4	32.0	27.3	28.9	23.6	27.8	34.2	29.2	33.0	29.0	26.8	31.5	29.9
Milk & Milk Products	9.4	7.6	6.4	6.9	11.8	8.1	7.9	6.5	6.7	7.8	6.4	7.2	7.5
Fruit & Vegetables	38.8	37.7	43.8	44.6	42.6	40.5	32.2	34.2	36.8	40.0	45.2	34.9	37.2
Other	10.7	7.4	9.1	3.6	3.0	8.0	10.1	11.8	7.4	5.8	5.4	9.6	8.9

Appendix D.9

Source of Vitamin B12, Expressed as a Percentage, for One Day Intakes by Each Major Food Group by Age and Sex.

**Column totals may not add to 100% because of rounding.*

	AGE and SEX												
Food Group	**F19-34**	**F35-49**	**F50-64**	**F65-74**	**F75-84**	**All Females**	**M18-34**	**M35-49**	**M50-64**	**M65-74**	**M75-84**	**All Males**	**All Adults**
Grain Products	2.4	2.6	1.4	2.7	1.7	2.3	1.9	2.7	1.6	2.4	2.7	2.2	2.2
Meat & Alternatives	37.8	57.3	57.7	54.9	48.6	50.7	61.5	64.7	52.4	50.1	71.1	59.7	56.1
Milk & Milk Products	30.7	21.3	23.1	26.1	34.6	25.9	28.6	19.9	17.0	19.6	17.5	21.8	23.4
Fruit & Vegetables	1.1	0.9	0.7	2.6	1.1	1.1	1.7	1.5	1.1	10.8	0.6	2.7	2.1
Other	28.1	13.0	17.0	13.8	13.9	20.1	6.3	11.3	27.9	17.1	8.2	13.6	16.2

Appendix D.10

Source of Vitamin C, Expressed as a Percentage, for One Day Intakes by Each Major Food Group by Age and Sex.

**Column totals may not add to 100% because of rounding.*

	AGE and SEX												
Food Group	**F19-34**	**F35-49**	**F50-64**	**F65-74**	**F75-84**	**All Females**	**M18-34**	**M35-49**	**M50-64**	**M65-74**	**M75-84**	**All Males**	**All Adults**
Grain Products	0.4	0.3	0.3	0.4	0.3	0.4	0.3	0.8	0.3	0.3	0.5	0.5	0.4
Meat & Alternatives	0.7	1.1	2.3	0.6	1.4	1.2	1.4	1.8	0.8	1.0	1.1	1.4	1.3
Milk & Milk Products	2.5	2.4	1.6	1.9	3.9	2.3	2.7	2.2	2.3	2.9	2.2	2.5	2.4
Fruit & Vegetables	83.7	90.7	91.1	93.9	91.9	89.1	88.0	84.9	90.9	90.2	93.1	87.9	88.5
Other	12.7	5.5	4.7	3.2	2.5	7.0	7.6	10.3	5.7	5.6	3.1	7.8	7.4

Appendix D.11

Source of Calcium, Expressed as a Percentage, for One Day Intakes by Each Major Food Group by Age and Sex.

**Column totals may not add to 100% because of rounding.*

	AGE and SEX												
Food Group	**F19-34**	**F35-49**	**F50-64**	**F65-74**	**F75-84**	**All Females**	**M18-34**	**M35-49**	**M50-64**	**M65-74**	**M75-84**	**All Males**	**All Adults**
Grain Products	12.2	13.2	12.0	15.0	11.7	12.7	12.3	14.9	15.3	14.7	16.5	14.0	13.4
Meat & Alternatives	4.3	8.4	7.7	5.7	4.1	6.3	5.9	6.8	7.0	8.4	7.9	6.7	6.5
Milk & Milk Products	60.6	53.5	53.6	54.9	65.8	56.9	61.3	55.8	56.1	55.4	52.1	57.7	57.4
Fruit & Vegetables	9.8	11.5	13.9	14.0	12.5	11.7	8.6	11.2	11.4	12.4	13.2	10.5	11.0
Other	13.1	13.5	12.8	10.4	6.0	12.4	11.9	11.4	10.4	9.1	10.3	11.1	11.7

Appendix D.12

Source of Iron, Expressed as a Percentage, for One Day Intakes by Each Major Food Group by Age and Sex.

**Column totals may not add to 100% because of rounding.*

	AGE and SEX												
Food Group	**F19-34**	**F35-49**	**F50-64**	**F65-74**	**F75-84**	**All Females**	**M18-34**	**M35-49**	**M50-64**	**M65-74**	**M75-84**	**All Males**	**All Adults**
Grain Products	46.5	39.8	38.9	44.9	50.4	43.0	46.5	45.8	45.3	46.1	48.1	46.1	44.8
Meat & Alternatives	16.3	25.3	24.0	19.6	17.6	21.1	23.6	24.0	22.9	24.3	21.4	23.6	22.5
Milk & Milk Products	3.5	2.5	2.4	2.3	3.4	2.8	3.0	1.9	2.1	2.5	1.9	2.4	2.6
Fruit & Vegetables	19.2	18.5	21.0	22.2	20.7	19.8	16.4	16.7	16.5	17.9	20.4	16.9	18.1
Other	14.5	13.9	13.7	11.1	7.9	13.4	10.4	11.6	13.3	9.2	8.3	11.0	12.0

Appendix D.13

Source of Magnesium, Expressed as a Percentage, for One Day Intakes by Each Major Food Group by Age and Sex.

**Column totals may not add to 100% because of rounding.*

	AGE and SEX												
Food Group	**F19-34**	**F35-49**	**F50-64**	**F65-74**	**F75-84**	**All Females**	**M18-34**	**M35-49**	**M50-64**	**M65-74**	**M75-84**	**All Males**	**All Adults**
Grain Products	26.8	22.7	24.3	28.5	34.2	25.7	27.6	27.3	27.5	31.5	29.2	28.0	27.0
Meat & Alternatives	12.8	19.8	16.7	14.9	11.7	15.9	17.4	18.3	20.2	17.8	17.1	18.2	17.2
Milk & Milk Products	15.4	11.4	10.8	11.9	17.5	13.0	15.5	11.0	11.5	12.1	11.0	12.7	12.8
Fruit & Vegetables	21.6	21.2	25.3	26.4	23.8	22.9	20.1	20.4	20.9	22.0	25.4	20.8	21.7
Other	23.5	25.0	22.9	18.3	12.8	22.5	19.4	23.0	19.9	16.7	17.3	20.3	21.3

Appendix D.14

Source of Zinc, Expressed as a Percentage, for One Day Intakes by Each Major Food Group by Age and Sex.

**Column totals may not add to 100% because of rounding.*

	AGE and SEX												
Food Group	**F19-34**	**F35-49**	**F50-64**	**F65-74**	**F75-84**	**All Females**	**M18-34**	**M35-49**	**M50-64**	**M65-74**	**M75-84**	**All Males**	**All Adults**
Grain Products	21.5	18.5	15.7	20.8	25.9	19.5	19.3	19.1	16.6	23.9	22.4	19.4	19.4
Meat & Alternatives	32.9	44.7	50.7	41.5	34.3	41.6	46.3	50.5	57.6	43.2	43.8	49.4	46.2
Milk & Milk Products	20.0	14.9	12.1	14.9	21.5	16.2	16.4	13.2	11.9	14.7	13.8	14.2	15.0
Fruit & Vegetables	11.6	9.6	10.2	14.2	11.7	11.0	9.7	8.8	7.4	10.7	12.4	9.2	9.9
Other	14.0	12.2	11.4	8.6	6.6	11.8	8.2	8.4	6.6	7.5	7.7	7.9	9.5

Appendix D.15

Source of Sodium, Expressed as a Percentage, for One Day Intakes by Each Major Food Group by Age and Sex.

**Column totals may not add to 100% because of rounding.*

	AGE and SEX												
Food Group	**F19-34**	**F35-49**	**F50-64**	**F65-74**	**F75-84**	**All Females**	**M18-34**	**M35-49**	**M50-64**	**M65-74**	**M75-84**	**All Males**	**All Adults**
Grain Products	23.4	23.5	24.3	27.6	30.0	24.4	23.6	26.3	25.2	25.9	29.1	25.2	24.9
Meat & Alternatives	13.3	18.8	18.6	17.6	12.5	16.5	19.6	19.3	17.6	17.4	19.7	18.9	17.9
Milk & Milk Products	14.4	11.9	11.4	13.4	18.7	13.2	12.9	11.5	10.1	13.1	10.0	11.8	12.4
Fruit & Vegetables	11.8	12.3	11.3	18.3	13.1	12.7	11.0	13.2	12.0	13.3	12.4	12.2	12.4
Other	37.2	33.5	34.5	23.1	25.8	33.3	33.0	29.8	35.2	30.3	28.8	31.9	32.5

Appendix E

Appendix E.1

Detailed Sources of Percent Energy in One Day Intake Diets, Summary by Sex.

**Column totals may not add to 100% because of rounding.*

Food Group	Female	Male	All
Alcohol	2.85	4.34	3.72
Beverages - Higher Calorie	1.42	2.47	2.04
Beverages - Lower Calorie	2.26	1.75	1.97
Eggs - Higher Fat	1.53	1.54	1.54
Eggs - Lower Fat	0.00	0.00	0.00
Fish & Shellfish - Higher Fat	0.88	0.60	0.72
Fish & Shellfish - Lower Fat	0.70	0.82	0.77
Fruit (Deep Yellow / Orange) - Lower Fat	0.34	0.20	0.26
Fruit Juice - Higher Fat	0.58	0.48	0.52
Fruit Juice - Lower Fat	1.78	1.60	1.67
Fruit Nectar - Lower Fat	0.00	0.00	0.00
Fruit Other - Higher Fat	0.12	0.06	0.08
Fruit Other - Lower Fat	4.51	3.20	3.75
Grain (Whole) - Higher Fat	0.45	0.66	0.57
Grain (Whole) - Lower Fat	3.62	4.01	3.85
Grain (Non-Whole, Enriched) - Higher Fat	6.96	6.63	6.77
Grain (Non-Whole, Enriched) - Lower Fat	14.24	14.82	14.58
Grain (Non-Whole, Non-Enriched) - Higher Fat	0.44	0.41	0.42
Grain (Non-Whole, Non-Enriched) - Lower Fat	3.31	4.54	4.03
Herbs, Spices & Condiments	0.40	0.36	0.38
Higher Salt and/or Higher Fat Snack Foods	0.27	0.36	0.32
Higher Sugar and/or Fat Foods	5.31	3.88	4.47
Legumes - Higher Fat	1.51	1.87	1.73
Legumes - Lower Fat	0.76	0.59	0.66
Meal Replacement	0.24	0.17	0.20
Meat (Beef, etc.) - Higher Fat	2.30	3.01	2.72
Meat (Beef, etc.) - Lower Fat	2.06	2.11	2.09
Meat (Poultry) - Higher Fat	1.55	2.16	1.91
Meat (Poultry) - Lower Fat	1.89	1.85	1.86
Meat (Processed) - Higher Fat	1.65	2.13	1.93
Meat (Processed) - Lower Fat	0.20	0.31	0.26
Meat (Other) - Higher Fat	1.16	1.30	1.25
Meat (Other) - Lower Fat	0.24	0.36	0.31
Milk & Fort. Plant Bev. - Higher Fat	0.52	0.68	0.61
Milk & Fort. Plant Bev. - Lower Fat	4.72	4.22	4.43
Milk Products (Other) - Higher Fat	6.27	5.50	5.82
Milk Products (Other) - Lower Fat	1.29	0.76	0.98
Miscellaneous	1.58	1.07	1.28
Mostly Fat	7.54	7.07	7.26
Mostly Sugar	3.63	3.57	3.59
Nuts & Seeds - Higher Fat	0.63	0.45	0.52
Nuts & Seeds - Lower Fat	0.00	0.00	0.00
Supplements	0.05	0.03	0.04
Vegetables (Dark green, leafy) - Higher Fat	0.04	0.01	0.03
Vegetables (Dark green, leafy) - Lower Fat	0.27	0.15	0.20
Vegetables (Deep yellow/orange) - Higher	0.04	0.03	0.03

Fat			
Vegetables (Deep yellow/orange) - Lower Fat	0.62	0.41	0.50
Vegetables (Other) - Higher Fat	1.07	1.14	1.11
Vegetables (Other) - Lower Fat	2.84	2.60	2.70
Vegetables (White Potato) - Higher Fat	1.99	2.35	2.20
Vegetables (White Potato) - Lower Fat	1.34	1.37	1.36
TOTAL	99.97	100.00	100.01

Appendix E.2
Detailed Source of Protein, Expressed as a Percent, for One Day Diets - Summary by Sex.
**Column totals may not add to 100% because of rounding.*

Food Group	Female	Male	All
Alcohol	0.26	0.57	0.44
Beverages - Higher Calorie	0.11	0.09	0.10
Beverages - Lower Calorie	0.95	0.66	0.78
Eggs - Higher Fat	3.00	2.91	2.94
Eggs - Lower Fat	0.02	0.01	0.02
Fish & Shellfish - Higher Fat	2.53	1.61	1.99
Fish & Shellfish - Lower Fat	3.09	3.48	3.32
Fruit (Deep Yellow / Orange) - Lower Fat	0.13	0.06	0.09
Fruit Juice - Higher Fat	0.11	0.11	0.11
Fruit Juice - Lower Fat	0.42	0.41	0.41
Fruit Nectar - Lower Fat	0.00	0.00	0.00
Fruit Other - Higher Fat	0.04	0.02	0.02
Fruit Other - Lower Fat	1.09	0.76	0.90
Grain (Whole) - Higher Fat	0.28	0.40	0.35
Grain (Whole) - Lower Fat	3.35	3.40	3.38
Grain (Non-Whole, Enriched) - Higher Fat	3.48	3.11	3.26
Grain (Non-Whole, Enriched) - Lower Fat	11.03	11.08	11.06
Grain (Non-Whole, Non-Enriched) - Higher Fat	0.32	0.23	0.26
Grain (Non-Whole, Non-Enriched) - Lower Fat	1.87	2.42	2.19
Herbs, Spices & Condiments	0.33	0.31	0.32
Higher Salt and/or Higher Fat Snack Foods	0.13	0.16	0.15
Higher Sugar and/or Fat Foods	2.03	1.44	1.68
Legumes - Higher Fat	1.88	2.16	2.05
Legumes - Lower Fat	1.57	0.97	1.21
Meal Replacement	0.39	0.27	0.32
Meat (Beef, etc.) - Higher Fat	5.73	7.45	6.74
Meat (Beef, etc.) - Lower Fat	6.57	7.55	7.15
Meat (Poultry) - Higher Fat	4.12	5.85	5.15
Meat (Poultry) - Lower Fat	8.14	7.77	7.92
Meat (Processed) - Higher Fat	2.77	3.40	3.15
Meat (Processed) - Lower Fat	0.76	1.13	0.98
Meat (Other) - Higher Fat	3.05	3.03	3.04
Meat (Other) - Lower Fat	0.89	1.32	1.14
Milk & Fort. Plant Bev. - Higher Fat	0.70	0.88	0.81
Milk & Fort. Plant Bev. - Lower Fat	8.72	7.59	8.05
Milk Products (Other) - Higher Fat	8.29	7.41	7.77

Milk Products (Other) - Lower Fat	1.85	1.10	1.41
Miscellaneous	1.32	0.98	1.12
Mostly Fat	0.44	0.30	0.36
Mostly Sugar	0.30	0.30	0.30
Nuts & Seeds - Higher Fat	0.52	0.31	0.39
Nuts & Seeds - Lower Fat	0.00	0.00	0.00
Supplements	0.14	0.13	0.14
Vegetables (Dark green, leafy) - Higher Fat	0.07	0.02	0.04
Vegetables (Dark green, leafy) - Lower Fat	0.74	0.38	0.53
Vegetables (Deep yellow/orange) - Higher Fat	0.01	0.01	0.01
Vegetables (Deep yellow/orange) - Lower Fat	0.38	0.26	0.31
Vegetables (Other) - Higher Fat	0.82	0.80	0.81
Vegetables (Other) - Lower Fat	3.77	3.80	3.79
Vegetables (White Potato) - Higher Fat	0.76	0.84	0.81
Vegetables (White Potato) - Lower Fat	0.75	0.72	0.73
TOTAL	100.02	99.97	100.00

Appendix E.3

Detailed Sources of Total Fat, Expressed as a Percent, for One Day Intake Diets - Summary by Sex.

**Column totals may not add to 100% because of rounding.*

Food Group	Female	Male	All
Alcohol	0.05	0.01	0.03
Beverages - Higher Calorie	0.07	0.06	0.07
Beverages - Lower Calorie	0.35	0.14	0.23
Eggs - Higher Fat	2.98	3.04	3.02
Eggs - Lower Fat	0.00	0.00	0.00
Fish & Shellfish - Higher Fat	1.24	0.82	0.99
Fish & Shellfish - Lower Fat	0.46	0.60	0.55
Fruit (Deep Yellow / Orange) - Lower Fat	0.04	0.02	0.03
Fruit Juice - Higher Fat	0.03	0.03	0.03
Fruit Juice - Lower Fat	0.12	0.11	0.12
Fruit Nectar - Lower Fat	0.00	0.00	0.00
Fruit Other - Higher Fat	0.30	0.14	0.21
Fruit Other - Lower Fat	0.69	0.49	0.57
Grain (Whole) - Higher Fat	0.38	0.72	0.58
Grain (Whole) - Lower Fat	1.42	1.88	1.69
Grain (Non-Whole, Enriched) - Higher Fat	7.45	7.09	7.24
Grain (Non-Whole, Enriched) - Lower Fat	4.78	4.95	4.88
Grain (Non-Whole, Non-Enriched) - Higher Fat	0.45	0.48	0.47
Grain (Non-Whole, Non-Enriched) - Lower Fat	0.30	0.33	0.32
Herbs, Spices & Condiments	0.18	0.14	0.15
Higher Salt and/or Higher Fat Snack Foods	0.29	0.47	0.39
Higher Sugar and/or Fat Foods	8.60	6.49	7.37
Legumes - Higher Fat	3.19	4.24	3.81
Legumes - Lower Fat	0.41	0.24	0.31
Meal Replacement	0.08	0.08	0.08
Meat (Beef, etc.) - Higher Fat	4.02	5.16	4.68
Meat (Beef, etc.) - Lower Fat	2.86	2.49	2.64

Meat (Poultry) - Higher Fat	2.29	3.35	2.90
Meat (Poultry) - Lower Fat	1.56	1.53	1.54
Meat (Processed) - Higher Fat	3.45	4.55	4.09
Meat (Processed) - Lower Fat	0.20	0.31	0.26
Meat (Other) - Higher Fat	1.88	2.33	2.14
Meat (Other) - Lower Fat	0.28	0.42	0.36
Milk & Fort. Plant Bev. - Higher Fat	0.80	1.04	0.94
Milk & Fort. Plant Bev. - Lower Fat	3.63	3.63	3.63
Milk Products (Other) - Higher Fat	12.51	11.12	11.70
Milk Products (Other) - Lower Fat	0.71	0.48	0.58
Miscellaneous	1.52	1.06	1.25
Mostly Fat	22.87	21.75	22.22
Mostly Sugar	.57	0.69	0.64
Nuts & Seeds - Higher Fat	1.53	1.10	1.28
Nuts & Seeds - Lower Fat	0.00	0.00	0.00
Supplements	0.01	0.01	0.01
Vegetables (Dark green, leafy) - Higher Fat	0.07	0.02	0.04
Vegetables (Dark green, leafy) - Lower Fat	0.09	0.05	0.07
Vegetables (Deep yellow/orange) - Higher Fat	0.03	0.04	0.04
Vegetables (Deep yellow/orange) - Lower Fat	0.08	0.05	0.06
Vegetables (Other) - Higher Fat	1.23	1.64	1.47
Vegetables (Other) - Lower Fat	1.22	1.31	1.27
Vegetables (White Potato) - Higher Fat	2.54	3.10	2.87
Vegetables (White Potato) - Lower Fat	0.17	0.19	0.18
TOTAL	99.98	99.99	100.00

Appendix E.4
Detailed Sources of Saturated Fat, Expressed as a Percent, for One Day Intake Diets - Summary by Sex.
**Column totals may not add to 100% because of rounding.*

Food Group	Female	Male	All
Alcohol	0.08	0.02	0.04
Beverages - Higher Calorie	0.07	0.07	0.07
Beverages - Lower Calorie	0.54	0.23	0.36
Eggs - Higher Fat	2.63	2.80	2.73
Eggs - Lower Fat	0.00	0.00	0.00
Fish & Shellfish - Higher Fat	0.96	0.57	0.74
Fish & Shellfish - Lower Fat	0.22	0.39	0.32
Fruit (Deep Yellow / Orange) - Lower Fat	0.01	0.01	0.01
Fruit Juice - Higher Fat	0.02	0.01	0.01
Fruit Juice - Lower Fat	0.05	0.04	0.05
Fruit Nectar - Lower Fat	0.00	0.00	0.00
Fruit Other - Higher Fat	0.14	0.07	0.10
Fruit Other - Lower Fat	0.41	0.32	0.36
Grain (Whole) - Higher Fat	0.18	0.31	0.26
Grain (Whole) - Lower Fat	0.83	1.00	0.93
Grain (Non-Whole, Enriched) - Higher Fat	5.52	5.70	5.62
Grain (Non-Whole, Enriched) - Lower Fat	3.03	3.21	3.13
Grain (Non-Whole, Non-Enriched) - Higher Fat	0.36	0.35	0.35

Grain (Non-Whole, Non-Enriched) - Lower Fat	0.18	0.22	0.20
Herbs, Spices & Condiments	0.08	0.07	0.07
Higher Salt and/or Higher Fat Snack Foods	0.21	0.30	0.26
Higher Sugar and/or Fat Foods	9.11	6.56	7.65
Legumes - Higher Fat	1.55	2.13	1.88
Legumes - Lower Fat	0.31	0.23	0.26
Meal Replacement	0.03	0.03	0.03
Meat (Beef, etc.) - Higher Fat	4.64	6.17	5.52
Meat (Beef, etc.) - Lower Fat	3.34	2.78	3.02
Meat (Poultry) - Higher Fat	1.85	2.91	2.46
Meat (Poultry) - Lower Fat	1.25	1.31	1.28
Meat (Processed) - Higher Fat	3.68	5.03	4.46
Meat (Processed) - Lower Fat	0.19	0.31	0.26
Meat (Other) - Higher Fat	2.05	2.51	2.32
Meat (Other) - Lower Fat	0.32	0.46	0.40
Milk & Fort. Plant Bev. - Higher Fat	1.48	1.97	1.76
Milk & Fort. Plant Bev. - Lower Fat	6.37	6.70	6.56
Milk Products (Other) - Higher Fat	23.59	21.24	22.24
Milk Products (Other) - Lower Fat	1.09	0.74	0.88
Miscellaneous	1.55	1.02	1.25
Mostly Fat	17.06	15.98	16.44
Mostly Sugar	0.68	0.86	0.78
Nuts & Seeds - Higher Fat	0.61	0.43	0.51
Nuts & Seeds - Lower Fat	0.00	0.00	0.00
Supplements	0.00	0.00	0.00
Vegetables (Dark green, leafy) - Higher Fat	0.03	0.02	0.02
Vegetables (Dark green, leafy) - Lower Fat	0.04	0.02	0.03
Vegetables (Deep yellow/orange) - Higher Fat	0.02	0.03	0.03
Vegetables (Deep yellow/orange) - Lower Fat	0.05	0.03	0.04
Vegetables (Other) - Higher Fat	0.78	0.86	0.83
Vegetables (Other) - Lower Fat	0.88	1.11	1.01
Vegetables (White Potato) - Higher Fat	1.85	2.78	2.38
Vegetables (White Potato) - Lower Fat	0.09	0.10	0.09
TOTAL	100.01	100.01	100.00

Appendix E.5

Detailed Sources of Carbohydrate, Expressed as a Percent, for One Day Intake Diets - Summary by Sex.

**Column totals may not add to 100% because of rounding.*

Food Group	Female	Male	All
Alcohol	1.18	2.27	1.81
Beverages - Higher Calorie	2.74	4.98	4.03
Beverages - Lower Calorie	4.02	3.33	3.62
Eggs - Higher Fat	0.11	0.10	0.10
Eggs - Lower Fat	0.00	0.00	0.00
Fish & Shellfish - Higher Fat	0.13	0.13	0.13
Fish & Shellfish - Lower Fat	0.05	0.07	0.06
Fruit (Deep Yellow / Orange) - Lower Fat	0.68	0.41	0.52
Fruit Juice - Higher Fat	1.11	0.95	1.02
Fruit Juice - Lower Fat	3.37	3.09	3.20

Fruit Nectar - Lower Fat	0.00	0.01	0.00
Fruit Other - Higher Fat	0.05	0.03	0.04
Fruit Other - Lower Fat	8.92	6.53	7.54
Grain (Whole) - Higher Fat	0.58	0.78	0.69
Grain (Whole) - Lower Fat	5.43	6.08	5.81
Grain (Non-Whole, Enriched) - Higher Fat	7.92	7.86	7.89
Grain (Non-Whole, Enriched) - Lower Fat	21.24	22.77	22.12
Grain (Non-Whole, Non-Enriched) - Higher Fat	0.51	0.45	0.48
Grain (Non-Whole, Non-Enriched) - Lower Fat	5.57	7.97	6.96
Herbs, Spices & Condiments	0.63	0.61	0.62
Higher Salt and/or Higher Fat Snack Foods	0.30	0.37	0.34
Higher Sugar and/or Fat Foods	4.60	3.35	3.88
Legumes - Higher Fat	0.54	0.59	0.57
Legumes - Lower Fat	0.80	0.75	0.77
Meal Replacement	0.31	0.20	0.25
Meat (Beef, etc.) - Higher Fat	0.07	0.13	0.11
Meat (Beef, etc.) - Lower Fat	0.06	0.01	0.03
Meat (Poultry) - Higher Fat	0.23	0.16	0.19
Meat (Poultry) - Lower Fat	0.04	0.04	0.04
Meat (Processed) - Higher Fat	0.12	0.16	0.15
Meat (Processed) - Lower Fat	0.02	0.03	0.02
Meat (Other) - Higher Fat	0.09	0.06	0.07
Meat (Other) - Lower Fat	0.01	0.00	0.00
Milk & Fort. Plant Bev. - Higher Fat	0.31	0.41	0.36
Milk & Fort. Plant Bev. - Lower Fat	4.26	3.67	3.92
Milk Products (Other) - Higher Fat	1.83	1.50	1.64
Milk Products (Other) - Lower Fat	1.51	0.86	1.14
Miscellaneous	1.77	1.19	1.43
Mostly Fat	0.30	0.23	0.26
Mostly Sugar	6.97	6.98	6.98
Nuts & Seeds - Higher Fat	0.18	0.15	0.16
Nuts & Seeds - Lower Fat	0.00	0.00	0.00
Supplements	0.05	0.01	0.03
Vegetables (Dark green, leafy) - Higher Fat	0.03	0.01	0.02
Vegetables (Dark green, leafy) - Lower Fat	0.36	0.20	0.27
Vegetables (Deep yellow/orange) - Higher Fat	0.05	0.04	0.04
Vegetables (Deep yellow/orange) - Lower Fat	1.12	0.76	0.91
Vegetables (Other) - Higher Fat	1.16	1.10	1.12
Vegetables (Other) - Lower Fat	4.22	3.65	3.89
Vegetables (White Potato) - Higher Fat	2.12	2.55	2.37
Vegetables (White Potato) - Lower Fat	2.33	2.46	2.40
TOTAL	100.00	100.04	100.00

Appendix E.6

Detailed Sources of Total Dietary Fibre, Expressed as a Percent, for One Day Intake Diets - Summary by Sex.

**Column totals may not add to 100% because of rounding.*

Food Group	Female	Male	All
Alcohol	0.53	1.72	1.19
Beverages - Higher Calorie	0.08	0.11	0.10
Beverages - Lower Calorie	0.10	0.05	0.07
Eggs - Higher Fat	0.02	0.01	0.01
Eggs - Lower Fat	0.00	0.00	0.00
Fish & Shellfish - Higher Fat	0.04	0.05	0.04
Fish & Shellfish - Lower Fat	0.00	0.01	0.01
Fruit (Deep Yellow / Orange) - Lower Fat	1.23	0.65	0.91
Fruit Juice - Higher Fat	0.22	0.27	0.25
Fruit Juice - Lower Fat	1.09	1.10	1.09
Fruit Nectar - Lower Fat	0.00	0.01	0.00
Fruit Other - Higher Fat	0.40	0.20	0.29
Fruit Other - Lower Fat	14.16	11.10	12.46
Grain (Whole) - Higher Fat	1.07	1.49	1.30
Grain (Whole) - Lower Fat	10.28	12.55	11.54
Grain (Non-Whole, Enriched) - Higher Fat	4.79	4.47	4.61
Grain (Non-Whole, Enriched) - Lower Fat	17.80	19.25	18.60
Grain (Non-Whole, Non-Enriched) - Higher Fat	1.05	0.80	0.91
Grain (Non-Whole, Non-Enriched) - Lower Fat	2.58	3.88	3.30
Herbs, Spices & Condiments	0.90	0.83	0.86
Higher Salt and/or Higher Fat Snack Foods	0.13	0.16	0.14
Higher Sugar and/or Fat Foods	3.74	2.64	3.13
Legumes - Higher Fat	1.99	3.02	2.56
Legumes - Lower Fat	3.21	3.07	3.13
Meal Replacement	0.17	0.13	0.15
Meat (Beef, etc.) - Higher Fat	0.11	0.29	0.21
Meat (Beef, etc.) - Lower Fat	0.06	0.02	0.04
Meat (Poultry) - Higher Fat	0.07	0.06	0.07
Meat (Poultry) - Lower Fat	0.04	0.03	0.04
Meat (Processed) - Higher Fat	0.01	0.00	0.00
Meat (Processed) - Lower Fat	0.00	0.00	0.00
Meat (Other) - Higher Fat	0.09	0.04	0.06
Meat (Other) - Lower Fat	0.03	0.00	0.02
Milk & Fort. Plant Bev. - Higher Fat	0.00	0.00	0.00
Milk & Fort. Plant Bev. - Lower Fat	0.70	0.36	0.51
Milk Products (Other) - Higher Fat	0.22	0.20	0.21
Milk Products (Other) - Lower Fat	0.16	0.07	0.11
Miscellaneous	2.66	2.30	2.46
Mostly Fat	0.32	0.14	0.22
Mostly Sugar	0.64	0.73	0.69
Nuts & Seeds - Higher Fat	1.11	0.93	1.01
Nuts & Seeds - Lower Fat	0.00	0.00	0.00
Supplements	0.00	0.00	0.00
Vegetables (Dark green, leafy) - Higher Fat	0.25	0.11	0.17
Vegetables (Dark green, leafy) - Lower Fat	2.92	1.75	2.27
Vegetables (Deep yellow/orange) - Higher Fat	0.09	0.10	0.10

Vegetables (Deep yellow/orange) - Lower Fat	3.24	2.68	2.93
Vegetables (Other) - Higher Fat	2.65	3.11	2.90
Vegetables (Other) - Lower Fat	13.35	12.64	12.96
Vegetables (White Potato) - Higher Fat	2.93	3.86	3.44
Vegetables (White Potato) - Lower Fat	2.77	3.02	2.91
TOTAL	100.00	100.01	99.98

Appendix E.7

Detailed Sources of Dietary Folate Equivalents, Expressed as a Percent, for One Day Intake Diets - Summary by Sex.

**Column totals may not add to 100% because of rounding.*

Food Group	Female	Male	All
Alcohol	0.79	2.07	1.54
Beverages - Higher Calorie	0.27	0.20	0.23
Beverages - Lower Calorie	2.99	1.90	2.35
Eggs - Higher Fat	1.68	1.61	1.64
Eggs - Lower Fat	0.00	0.00	0.00
Fish & Shellfish - Higher Fat	0.27	0.28	0.27
Fish & Shellfish - Lower Fat	0.24	0.27	0.26
Fruit (Deep Yellow / Orange) - Lower Fat	0.34	0.20	0.26
Fruit Juice - Higher Fat	0.91	0.90	0.90
Fruit Juice - Lower Fat	2.85	3.17	3.04
Fruit Nectar - Lower Fat	0.00	0.00	0.00
Fruit Other - Higher Fat	0.20	0.09	0.14
Fruit Other - Lower Fat	3.29	2.37	2.75
Grain (Whole) - Higher Fat	0.20	0.28	0.24
Grain (Whole) - Lower Fat	3.21	3.06	3.12
Grain (Non-Whole, Enriched) - Higher Fat	6.43	6.96	6.74
Grain (Non-Whole, Enriched) - Lower Fat	30.86	32.87	32.03
Grain (Non-Whole, Non-Enriched) - Higher Fat	0.39	0.28	0.33
Grain (Non-Whole, Non-Enriched) - Lower Fat	9.66	12.87	11.54
Herbs, Spices & Condiments	0.29	0.24	0.26
Higher Salt and/or Higher Fat Snack Foods	0.54	0.66	0.61
Higher Sugar and/or Fat Foods	1.51	1.37	1.43
Legumes - Higher Fat	1.47	1.78	1.65
Legumes - Lower Fat	1.95	1.47	1.67
Meal Replacement	0.88	1.17	1.05
Meat (Beef, etc.) - Higher Fat	0.43	0.55	0.50
Meat (Beef, etc.) - Lower Fat	0.86	0.76	0.80
Meat (Poultry) - Higher Fat	0.36	0.33	0.34
Meat (Poultry) - Lower Fat	0.28	0.27	0.28
Meat (Processed) - Higher Fat	0.11	0.13	0.12
Meat (Processed) - Lower Fat	0.03	0.04	0.04
Meat (Other) - Higher Fat	0.17	0.19	0.18
Meat (Other) - Lower Fat	0.04	0.05	0.05
Milk & Fort. Plant Bev. - Higher Fat	0.19	0.25	0.22
Milk & Fort. Plant Bev. - Lower Fat	2.41	2.14	2.25
Milk Products (Other) - Higher Fat	1.11	1.06	1.08
Milk Products (Other) - Lower Fat	0.61	0.33	0.44

Miscellaneous	0.94	1.27	1.13
Mostly Fat	0.21	0.17	0.19
Mostly Sugar	0.41	0.38	0.39
Nuts & Seeds - Higher Fat	0.53	0.42	0.46
Nuts & Seeds - Lower Fat	0.00	0.00	0.00
Supplements	0.14	0.01	0.06
Vegetables (Dark green, leafy) - Higher Fat	0.31	0.17	0.23
Vegetables (Dark green, leafy) - Lower Fat	5.23	2.81	3.82
Vegetables (Deep yellow/orange) - Higher Fat	0.03	0.02	0.03
Vegetables (Deep yellow/orange) - Lower Fat	0.96	0.65	0.78
Vegetables (Other) - Higher Fat	1.77	1.76	1.76
Vegetables (Other) - Lower Fat	10.41	8.84	9.49
Vegetables (White Potato) - Higher Fat	0.55	0.60	0.58
Vegetables (White Potato) - Lower Fat	0.70	0.71	0.71
TOTAL	100.01	99.98	99.98

Appendix E.8

Detailed Sources of Vitamin B6, Expressed as a Percent, for One Day Intake Diets - Summary by Sex.

**Column totals may not add to 100% because of rounding.*

Food Group	Female	Male	All
Alcohol	1.91	4.39	3.37
Beverages - Higher Calorie	0.34	0.29	0.31
Beverages - Lower Calorie	0.37	0.18	0.26
Eggs - Higher Fat	1.46	1.41	1.43
Eggs - Lower Fat	0.00	0.00	0.00
Fish & Shellfish - Higher Fat	1.91	0.99	1.37
Fish & Shellfish - Lower Fat	1.29	1.90	1.65
Fruit (Deep Yellow / Orange) - Lower Fat	0.79	0.45	0.59
Fruit Juice - Higher Fat	0.43	0.55	0.50
Fruit Juice - Lower Fat	2.05	2.06	2.06
Fruit Nectar - Lower Fat	0.00	0.00	0.00
Fruit Other - Higher Fat	0.24	0.12	0.17
Fruit Other - Lower Fat	12.19	9.47	10.59
Grain (Whole) - Higher Fat	0.27	0.28	0.28
Grain (Whole) - Lower Fat	2.85	3.36	3.15
Grain (Non-Whole, Enriched) - Higher Fat	3.25	3.00	3.10
Grain (Non-Whole, Enriched) - Lower Fat	6.50	6.53	6.52
Grain (Non-Whole, Non-Enriched) - Higher Fat	0.26	0.12	0.18
Grain (Non-Whole, Non-Enriched) - Lower Fat	2.58	3.57	3.17
Herbs, Spices & Condiments	0.59	0.62	0.61
Higher Salt and/or Higher Fat Snack Foods	0.08	0.11	0.10
Higher Sugar and/or Fat Foods	1.60	1.28	1.41
Legumes - Higher Fat	1.04	1.26	1.17
Legumes - Lower Fat	0.99	0.71	0.83
Meal Replacement	1.27	1.18	1.22
Meat (Beef, etc.) - Higher Fat	2.88	3.95	3.51
Meat (Beef, etc.) - Lower Fat	3.55	4.36	4.03
Meat (Poultry) - Higher Fat	3.00	4.36	3.80
Meat (Poultry) - Lower Fat	6.16	6.04	6.09

Meat (Processed) - Higher Fat	1.76	2.24	2.04
Meat (Processed) - Lower Fat	0.63	0.96	0.82
Meat (Other) - Higher Fat	2.01	1.90	1.94
Meat (Other) - Lower Fat	0.63	0.98	0.84
Milk & Fort. Plant Bev. - Higher Fat	0.38	0.50	0.45
Milk & Fort. Plant Bev. - Lower Fat	5.08	4.61	4.80
Milk Products (Other) - Higher Fat	1.92	1.66	1.76
Milk Products (Other) - Lower Fat	0.69	0.41	0.53
Miscellaneous	1.02	0.79	0.89
Mostly Fat	0.22	0.13	0.17
Mostly Sugar	0.33	0.32	0.32
Nuts & Seeds - Higher Fat	0.46	0.41	0.43
Nuts & Seeds - Lower Fat	0.00	0.00	0.00
Supplements	0.25	0.26	0.26
Vegetables (Dark green, leafy) - Higher Fat	0.18	0.09	0.13
Vegetables (Dark green, leafy) - Lower Fat	1.69	0.84	1.19
Vegetables (Deep yellow/orange) - Higher Fat	0.09	0.08	0.09
Vegetables (Deep yellow/orange) - Lower Fat	2.64	1.78	2.14
Vegetables (Other) - Higher Fat	2.23	2.72	2.52
Vegetables (Other) - Lower Fat	9.77	8.43	8.98
Vegetables (White Potato) - Higher Fat	3.27	3.57	3.45
Vegetables (White Potato) - Lower Fat	4.90	4.76	4.82
TOTAL	100.00	99.98	100.04

Appendix E.9

Detailed Sources of Vitamin B12, Expressed as a Percent, for One Day Intake Diets - Summary by Sex.

**Column totals may not add to 100% because of rounding.*

Food Group	Female	Male	All
Alcohol	0.26	0.60	0.46
Beverages - Higher Calorie	11.94	8.52	9.88
Beverages - Lower Calorie	0.62	0.22	0.38
Eggs - Higher Fat	3.79	3.36	3.53
Eggs - Lower Fat	0.01	0.00	0.00
Fish & Shellfish - Higher Fat	6.98	3.38	4.81
Fish & Shellfish - Lower Fat	7.61	17.65	13.67
Fruit (Deep Yellow / Orange) - Lower Fat	0.00	0.00	0.00
Fruit Juice - Higher Fat	0.01	0.00	0.00
Fruit Juice - Lower Fat	0.00	0.00	0.00
Fruit Nectar - Lower Fat	0.00	0.00	0.00
Fruit Other - Higher Fat	0.00	0.00	0.00
Fruit Other - Lower Fat	0.00	0.00	0.00
Grain (Whole) - Higher Fat	0.01	0.00	0.00
Grain (Whole) - Lower Fat	0.07	0.06	0.06
Grain (Non-Whole, Enriched) - Higher Fat	1.51	1.54	1.53
Grain (Non-Whole, Enriched) - Lower Fat	0.65	0.58	0.61
Grain (Non-Whole, Non-Enriched) - Higher Fat	0.01	0.00	0.00
Grain (Non-Whole, Non-Enriched) - Lower Fat	0.00	0.00	0.00
Herbs, Spices & Condiments	0.01	0.01	0.01

Higher Salt and/or Higher Fat Snack Foods	0.02	0.04	0.03
Higher Sugar and/or Fat Foods	0.82	0.58	0.67
Legumes - Higher Fat	0.00	0.00	0.00
Legumes - Lower Fat	0.16	0.16	0.16
Meal Replacement	0.95	1.22	1.12
Meat (Beef, etc.) - Higher Fat	8.80	11.95	10.70
Meat (Beef, etc.) - Lower Fat	15.48	13.94	14.55
Meat (Poultry) - Higher Fat	0.83	1.14	1.02
Meat (Poultry) - Lower Fat	1.51	1.38	1.43
Meat (Processed) - Higher Fat	3.02	3.79	3.49
Meat (Processed) - Lower Fat	0.33	0.61	0.50
Meat (Other) - Higher Fat	1.79	1.81	1.80
Meat (Other) - Lower Fat	0.42	0.51	0.48
Milk & Fort. Plant Bev. - Higher Fat	1.09	1.42	1.29
Milk & Fort. Plant Bev. - Lower Fat	16.27	13.63	14.67
Milk Products (Other) - Higher Fat	5.94	5.20	5.49
Milk Products (Other) - Lower Fat	2.57	1.59	1.98
Miscellaneous	3.27	0.52	1.61
Mostly Fat	1.81	1.51	1.63
Mostly Sugar	0.10	0.13	0.12
Nuts & Seeds - Higher Fat	0.00	0.00	0.00
Nuts & Seeds - Lower Fat	0.00	0.00	0.00
Supplements	0.27	0.26	0.27
Vegetables (Dark green, leafy) - Higher Fat	0.00	0.00	0.00
Vegetables (Dark green, leafy) - Lower Fat	0.00	0.00	0.00
Vegetables (Deep yellow/orange) - Higher Fat	0.00	0.00	0.00
Vegetables (Deep yellow/orange) - Lower Fat	0.00	0.00	0.00
Vegetables (Other) - Higher Fat	0.17	0.11	0.13
Vegetables (Other) - Lower Fat	0.80	2.46	1.80
Vegetables (White Potato) - Higher Fat	0.09	0.11	0.10
Vegetables (White Potato) - Lower Fat	0.01	0.02	0.02
TOTAL	100.00	100.01	100.00

Appendix E.10

Detailed Sources of Vitamin C, Expressed as a Percent, for One Day Intake Diets - Summary by Sex.

**Column totals may not add to 100% because of rounding*

Food Group	Female	Male	All
Alcohol	0.02	0.03	0.03
Beverages - Higher Calorie	2.36	3.60	3.02
Beverages - Lower Calorie	0.60	0.35	0.46
Eggs - Higher Fat	0.03	0.01	0.02
Eggs - Lower Fat	0.00	0.00	0.00
Fish & Shellfish - Higher Fat	0.07	0.09	0.08
Fish & Shellfish - Lower Fat	0.15	0.29	0.23
Fruit (Deep Yellow / Orange) - Lower Fat	3.08	1.75	2.37
Fruit Juice - Higher Fat	3.83	5.43	4.69
Fruit Juice - Lower Fat	20.16	23.32	21.86
Fruit Nectar - Lower Fat	0.01	0.00	0.00
Fruit Other - Higher Fat	0.10	0.05	0.07
Fruit Other - Lower Fat	19.00	14.90	16.79

Grain (Whole) - Higher Fat	0.00	0.01	0.01
Grain (Whole) - Lower Fat	0.02	0.11	0.06
Grain (Non-Whole, Enriched) - Higher Fat	0.20	0.25	0.22
Grain (Non-Whole, Enriched) - Lower Fat	0.13	0.08	0.10
Grain (Non-Whole, Non-Enriched) - Higher Fat	0.00	0.02	0.01
Grain (Non-Whole, Non-Enriched) - Lower Fat	0.00	0.00	0.00
Herbs, Spices & Condiments	0.55	0.73	0.65
Higher Salt and/or Higher Fat Snack Foods	0.00	0.01	0.00
Higher Sugar and/or Fat Foods	0.54	1.00	0.79
Legumes - Higher Fat	0.03	0.05	0.04
Legumes - Lower Fat	0.18	0.23	0.21
Meal Replacement	1.13	0.56	0.82
Meat (Beef, etc.) - Higher Fat	0.37	0.25	0.31
Meat (Beef, etc.) - Lower Fat	0.13	0.21	0.17
Meat (Poultry) - Higher Fat	0.04	0.03	0.04
Meat (Poultry) - Lower Fat	0.07	0.08	0.08
Meat (Processed) - Higher Fat	0.00	0.01	0.01
Meat (Processed) - Lower Fat	0.00	0.00	0.00
Meat (Other) - Higher Fat	0.07	0.06	0.07
Meat (Other) - Lower Fat	0.02	0.03	0.02
Milk & Fort. Plant Bev. - Higher Fat	0.27	0.36	0.32
Milk & Fort. Plant Bev. - Lower Fat	1.63	1.73	1.68
Milk Products (Other) - Higher Fat	0.23	0.27	0.25
Milk Products (Other) - Lower Fat	0.19	0.10	0.14
Miscellaneous	1.25	0.90	1.06
Mostly Fat	0.15	0.23	0.19
Mostly Sugar	0.35	0.38	0.36
Nuts & Seeds - Higher Fat	0.03	0.02	0.02
Nuts & Seeds - Lower Fat	0.00	0.00	0.00
Supplements	0.07	0.01	0.04
Vegetables (Dark green, leafy) - Higher Fat	0.81	0.14	0.45
Vegetables (Dark green, leafy) - Lower Fat	8.99	6.04	7.40
Vegetables (Deep yellow/orange) - Higher Fat	0.07	0.05	0.06
Vegetables (Deep yellow/orange) - Lower Fat	4.75	4.49	4.61
Vegetables (Other) - Higher Fat	2.74	4.85	3.88
Vegetables (Other) - Lower Fat	20.99	21.59	21.31
Vegetables (White Potato) - Higher Fat	1.78	2.25	2.03
Vegetables (White Potato) - Lower Fat	2.82	3.06	2.95
TOTAL	100.01	100.01	99.98

Appendix E.11

Detailed Sources of Calcium, Expressed as a Percent, for One Day Intake Diets - Summary by Sex.

**Column totals may not add to 100% because of rounding.*

Food Group	Female	Male	All
Alcohol	0.62	1.15	0.92
Beverages - Higher Calorie	0.60	0.80	0.71
Beverages - Lower Calorie	4.82	3.39	4.03
Eggs - Higher Fat	1.22	1.24	1.23
Eggs - Lower Fat	0.00	0.00	0.00
Fish & Shellfish - Higher Fat	0.49	0.49	0.49
Fish & Shellfish - Lower Fat	0.59	0.76	0.69
Fruit (Deep Yellow / Orange) - Lower Fat	0.19	0.10	0.14
Fruit Juice - Higher Fat	0.27	0.22	0.25
Fruit Juice - Lower Fat	0.70	0.75	0.73
Fruit Nectar - Lower Fat	0.00	0.00	0.00
Fruit Other - Higher Fat	0.02	0.01	0.01
Fruit Other - Lower Fat	1.87	1.56	1.69
Grain (Whole) - Higher Fat	0.14	0.23	0.19
Grain (Whole) - Lower Fat	1.96	1.96	1.96
Grain (Non-Whole, Enriched) - Higher Fat	3.81	3.58	3.69
Grain (Non-Whole, Enriched) - Lower Fat	6.12	7.26	6.75
Grain (Non-Whole, Non-Enriched) - Higher Fat	0.11	0.11	0.11
Grain (Non-Whole, Non-Enriched) - Lower Fat	0.58	0.88	0.75
Herbs, Spices & Condiments	0.45	0.44	0.45
Higher Salt and/or Higher Fat Snack Foods	0.06	0.10	0.08
Higher Sugar and/or Fat Foods	2.30	1.85	2.05
Legumes - Higher Fat	1.05	1.26	1.17
Legumes - Lower Fat	0.72	0.49	0.59
Meal Replacement	0.84	0.57	0.69
Meat (Beef, etc.) - Higher Fat	0.30	0.40	0.36
Meat (Beef, etc.) - Lower Fat	0.28	0.23	0.25
Meat (Poultry) - Higher Fat	0.27	0.35	0.32
Meat (Poultry) - Lower Fat	0.36	0.35	0.36
Meat (Processed) - Higher Fat	0.20	0.35	0.29
Meat (Processed) - Lower Fat	0.06	0.11	0.09
Meat (Other) - Higher Fat	0.31	0.35	0.33
Meat (Other) - Lower Fat	0.05	0.10	0.08
Milk & Fort. Plant Bev. - Higher Fat	2.31	3.35	2.89
Milk & Fort. Plant Bev. - Lower Fat	28.93	29.04	28.99
Milk Products (Other) - Higher Fat	21.57	22.79	22.25
Milk Products (Other) - Lower Fat	4.12	2.50	3.22
Miscellaneous	1.03	1.22	1.14
Mostly Fat	0.82	0.70	0.75
Mostly Sugar	0.62	0.76	0.70
Nuts & Seeds - Higher Fat	0.37	0.23	0.29
Nuts & Seeds - Lower Fat	0.00	0.00	0.00
Supplements	0.20	0.13	0.16
Vegetables (Dark green, leafy) - Higher Fat	0.14	0.11	0.13
Vegetables (Dark green, leafy) - Lower Fat	1.54	0.88	1.17
Vegetables (Deep yellow/orange) - Higher Fat	0.02	0.02	0.02

Vegetables (Deep yellow/orange) - Lower Fat	0.70	0.55	0.62
Vegetables (Other) - Higher Fat	0.96	1.15	1.07
Vegetables (Other) - Lower Fat	4.55	4.19	4.35
Vegetables (White Potato) - Higher Fat	0.42	0.55	0.49
Vegetables (White Potato) - Lower Fat	0.30	0.36	0.33
TOTAL	99.96	99.97	100.02

Appendix E.12

Detailed Sources of Iron, Expressed as a Percent, for One Day Intake Diets - Summary by Sex.

**Column totals may not add to 100% because of rounding.*

Food Group	Female	Male	All
Alcohol	0.98	0.88	0.92
Beverages - Higher Calorie	0.46	0.73	0.62
Beverages - Lower Calorie	3.26	2.34	2.72
Eggs - Higher Fat	1.82	1.88	1.86
Eggs - Lower Fat	0.00	0.00	0.00
Fish & Shellfish - Higher Fat	0.87	0.64	0.74
Fish & Shellfish - Lower Fat	1.22	2.25	1.82
Fruit (Deep Yellow / Orange) - Lower Fat	0.28	0.13	0.19
Fruit Juice - Higher Fat	0.28	0.23	0.25
Fruit Juice - Lower Fat	1.30	1.20	1.24
Fruit Nectar - Lower Fat	0.00	0.00	0.00
Fruit Other - Higher Fat	0.10	0.05	0.07
Fruit Other - Lower Fat	2.40	1.80	2.05
Grain (Whole) - Higher Fat	0.74	0.73	0.73
Grain (Whole) - Lower Fat	5.87	6.17	6.04
Grain (Non-Whole, Enriched) - Higher Fat	8.09	7.25	7.60
Grain (Non-Whole, Enriched) - Lower Fat	25.54	28.12	27.03
Grain (Non-Whole, Non-Enriched) - Higher Fat	0.55	0.47	0.50
Grain (Non-Whole, Non-Enriched) - Lower Fat	2.19	3.36	2.87
Herbs, Spices & Condiments	1.14	1.11	1.12
Higher Salt and/or Higher Fat Snack Foods	0.27	0.33	0.30
Higher Sugar and/or Fat Foods	2.77	2.21	2.44
Legumes - Higher Fat	1.93	2.09	2.02
Legumes - Lower Fat	2.37	1.42	1.82
Meal Replacement	0.86	0.55	0.68
Meat (Beef, etc.) - Higher Fat	3.00	4.12	3.65
Meat (Beef, etc.) - Lower Fat	3.74	4.37	4.11
Meat (Poultry) - Higher Fat	1.25	1.77	1.55
Meat (Poultry) - Lower Fat	1.73	1.60	1.66
Meat (Processed) - Higher Fat	1.05	1.47	1.29
Meat (Processed) - Lower Fat	0.20	0.35	0.29
Meat (Other) - Higher Fat	0.82	0.91	0.87
Meat (Other) - Lower Fat	0.20	0.27	0.24
Milk & Fort. Plant Bev. - Higher Fat	0.07	0.09	0.08
Milk & Fort. Plant Bev. - Lower Fat	1.25	0.97	1.09
Milk Products (Other) - Higher Fat	1.22	1.16	1.19
Milk Products (Other) - Lower Fat	0.28	0.17	0.22
Miscellaneous	2.01	1.41	1.66
Mostly Fat	0.49	0.40	0.44

Mostly Sugar	0.95	1.06	1.01
Nuts & Seeds - Higher Fat	0.86	0.45	0.62
Nuts & Seeds - Lower Fat	0.00	0.00	0.00
Supplements	0.19	0.03	0.09
Vegetables (Dark green, leafy) - Higher Fat	0.19	0.13	0.16
Vegetables (Dark green, leafy) - Lower Fat	2.15	1.13	1.56
Vegetables (Deep yellow/orange) - Higher Fat	0.04	0.03	0.03
Vegetables (Deep yellow/orange) - Lower Fat	1.03	0.76	0.88
Vegetables (Other) - Higher Fat	1.42	1.62	1.53
Vegetables (Other) - Lower Fat	7.66	6.84	7.19
Vegetables (White Potato) - Higher Fat	1.46	1.70	1.60
Vegetables (White Potato) - Lower Fat	1.45	1.26	1.34
TOTAL	100.00	100.01	99.98

Appendix E.13

Detailed Sources of Magnesium, Expressed as a Percent, for One Day Intake Diets - Summary by Sex.

**Column totals may not add to 100% because of rounding.*

Food Group	Female	Male	All
Alcohol	2.02	3.55	2.88
Beverages - Higher Calorie	0.59	0.76	0.68
Beverages - Lower Calorie	11.58	9.42	10.37
Eggs - Higher Fat	0.60	0.63	0.61
Eggs - Lower Fat	0.00	0.00	0.00
Fish & Shellfish - Higher Fat	1.07	0.93	0.99
Fish & Shellfish - Lower Fat	1.25	1.81	1.57
Fruit (Deep Yellow / Orange) - Lower Fat	0.42	0.24	0.32
Fruit Juice - Higher Fat	0.45	0.54	0.50
Fruit Juice - Lower Fat	1.78	1.86	1.83
Fruit Nectar - Lower Fat	0.00	0.00	0.00
Fruit Other - Higher Fat	0.16	0.08	0.12
Fruit Other - Lower Fat	4.82	3.94	4.33
Grain (Whole) - Higher Fat	0.47	0.68	0.59
Grain (Whole) - Lower Fat	6.56	7.98	7.36
Grain (Non-Whole, Enriched) - Higher Fat	4.68	4.12	4.37
Grain (Non-Whole, Enriched) - Lower Fat	10.81	11.32	11.10
Grain (Non-Whole, Non-Enriched) - Higher Fat	0.72	0.40	0.54
Grain (Non-Whole, Non-Enriched) - Lower Fat	2.50	3.54	3.09
Herbs, Spices & Condiments	0.76	0.77	0.77
Higher Salt and/or Higher Fat Snack Foods	0.09	0.12	0.11
Higher Sugar and/or Fat Foods	3.48	2.64	3.01
Legumes - Higher Fat	2.87	3.67	3.32
Legumes - Lower Fat	1.71	1.15	1.40
Meal Replacement	0.80	0.56	0.67
Meat (Beef, etc.) - Higher Fat	1.17	1.81	1.53
Meat (Beef, etc.) - Lower Fat	1.33	1.72	1.55
Meat (Poultry) - Higher Fat	0.92	1.41	1.19
Meat (Poultry) - Lower Fat	1.75	1.87	1.81
Meat (Processed) - Higher Fat	0.56	0.79	0.69

Meat (Processed) - Lower Fat	0.15	0.26	0.21
Meat (Other) - Higher Fat	0.69	0.74	0.72
Meat (Other) - Lower Fat	0.19	0.31	0.26
Milk & Fort. Plant Bev. - Higher Fat	0.65	0.93	0.81
Milk & Fort. Plant Bev. - Lower Fat	8.30	8.15	8.22
Milk Products (Other) - Higher Fat	2.84	2.91	2.88
Milk Products (Other) - Lower Fat	1.17	0.71	0.91
Miscellaneous	1.74	1.27	1.48
Mostly Fat	0.49	0.26	0.36
Mostly Sugar	0.77	0.88	0.83
Nuts & Seeds - Higher Fat	1.62	1.09	1.32
Nuts & Seeds - Lower Fat	0.00	0.00	0.00
Supplements	0.18	0.05	0.11
Vegetables (Dark green, leafy) - Higher Fat	0.21	0.13	0.17
Vegetables (Dark green, leafy) - Lower Fat	2.06	1.03	1.48
Vegetables (Deep yellow/orange) - Higher Fat	0.03	0.03	0.03
Vegetables (Deep yellow/orange) - Lower Fat	0.99	0.85	0.91
Vegetables (Other) - Higher Fat	1.40	1.58	1.50
Vegetables (Other) - Lower Fat	7.25	6.66	6.92
Vegetables (White Potato) - Higher Fat	1.37	1.71	1.56
Vegetables (White Potato) - Lower Fat	1.96	2.13	2.05
TOTAL	99.98	99.99	100.03

Appendix E.14

Detailed Sources of Zinc, Expressed as a Percent, for One Day Intake Diets - Summary by Sex.

**Column totals may not add to 100% because of rounding.*

Food Group	Female	Male	All
Alcohol	0.34	0.41	0.38
Beverages - Higher Calorie	0.59	0.58	0.58
Beverages - Lower Calorie	4.26	2.59	3.27
Eggs - Higher Fat	1.86	1.78	1.81
Eggs - Lower Fat	0.00	0.00	0.00
Fish & Shellfish - Higher Fat	4.19	1.49	2.59
Fish & Shellfish - Lower Fat	1.17	6.70	4.44
Fruit (Deep Yellow / Orange) - Lower Fat	0.15	0.08	0.11
Fruit Juice - Higher Fat	0.21	0.16	0.18
Fruit Juice - Lower Fat	0.41	0.33	0.36
Fruit Nectar - Lower Fat	0.00	0.00	0.00
Fruit Other - Higher Fat	0.05	0.02	0.04
Fruit Other - Lower Fat	1.91	1.34	1.57
Grain (Whole) - Higher Fat	0.35	0.37	0.37
Grain (Whole) - Lower Fat	4.37	4.52	4.46
Grain (Non-Whole, Enriched) - Higher Fat	3.10	2.66	2.84
Grain (Non-Whole, Enriched) - Lower Fat	8.75	8.29	8.48
Grain (Non-Whole, Non-Enriched) -Higher Fat	0.45	0.21	0.31
Grain (Non-Whole, Non-Enriched) -Lower Fat	2.44	3.30	2.95
Herbs, Spices & Condiments	0.24	0.21	0.22
Higher Salt and/or Higher Fat SnackFoods	0.06	0.08	0.07

Higher Sugar and/or Fat Foods	2.17	1.55	1.80
Legumes - Higher Fat	1.88	2.44	2.21
Legumes - Lower Fat	2.26	1.33	1.71
Meal Replacement	1.13	0.61	0.82
Meat (Beef, etc.) - Higher Fat	8.65	11.22	10.17
Meat (Beef, etc.) - Lower Fat	9.47	10.74	10.22
Meat (Poultry) - Higher Fat	2.08	2.84	2.53
Meat (Poultry) - Lower Fat	3.28	3.05	3.15
Meat (Processed) - Higher Fat	2.43	3.09	2.82
Meat (Processed) - Lower Fat	0.49	0.78	0.66
Meat (Other) - Higher Fat	2.42	2.54	2.49
Meat (Other) - Lower Fat	0.57	0.76	0.68
Milk & Fort. Plant Bev. - Higher Fat	0.56	0.71	0.65
Milk & Fort. Plant Bev. - Lower Fat	7.29	6.24	6.67
Milk Products (Other) - Higher Fat	6.93	6.57	6.72
Milk Products (Other) - Lower Fat	1.37	0.69	0.97
Miscellaneous	1.62	1.07	1.29
Mostly Fat	0.48	0.22	0.33
Mostly Sugar	0.71	0.54	0.61
Nuts & Seeds - Higher Fat	0.86	0.61	0.71
Nuts & Seeds - Lower Fat	0.00	0.00	0.00
Supplements	0.19	0.01	0.09
Vegetables (Dark green, leafy) - Higher Fat	0.08	0.03	0.05
Vegetables (Dark green, leafy) - Lower Fat	0.80	0.41	0.57
Vegetables (Deep yellow/orange) - Higher Fat	0.02	0.02	0.02
Vegetables (Deep yellow/orange) - Lower Fat	0.53	0.36	0.43
Vegetables (Other) - Higher Fat	0.88	0.89	0.88
Vegetables (Other) - Lower Fat	4.40	3.99	4.16
Vegetables (White Potato) - Higher Fat	0.72	0.77	0.75
Vegetables (White Potato) - Lower Fat	0.83	0.79	0.80
TOTAL	100.00	99.99	99.99

Appendix E.15

Detailed Sources of Sodium, Expressed as a Percent, for One Day Intake Diets - Summary by Sex.

**Column totals may not add to 100% because of rounding.*

Food Group	Female	Male	All
Alcohol	0.16	0.29	0.24
Beverages - Higher Calorie	0.47	0.48	0.48
Beverages - Lower Calorie	1.92	1.25	1.53
Eggs - Higher Fat	1.20	1.15	1.17
Eggs - Lower Fat	0.01	0.01	0.01
Fish & Shellfish - Higher Fat	0.94	0.66	0.78
Fish & Shellfish - Lower Fat	1.04	1.06	1.05
Fruit (Deep Yellow / Orange) - Lower Fat	0.02	0.01	0.02
Fruit Juice - Higher Fat	0.04	0.02	0.03
Fruit Juice - Lower Fat	0.05	0.04	0.05
Fruit Nectar - Lower Fat	0.00	0.00	0.00
Fruit Other - Higher Fat	0.01	0.01	0.01
Fruit Other - Lower Fat	0.07	0.05	0.06

Grain (Whole) - Higher Fat	0.29	0.12	0.19
Grain (Whole) - Lower Fat	4.52	3.88	4.15
Grain (Non-Whole, Enriched) - Higher Fat	6.70	6.31	6.47
Grain (Non-Whole, Enriched) - Lower Fat	12.25	13.49	12.98
Grain (Non-Whole, Non-Enriched) - Higher Fat	0.19	0.18	0.18
Grain (Non-Whole, Non-Enriched) - Lower Fat	0.48	1.22	0.92
Herbs, Spices & Condiments	15.01	15.51	15.30
Higher Salt and/or Higher Fat Snack Foods	0.59	0.69	0.64
Higher Sugar and/or Fat Foods	3.74	2.90	3.25
Legumes - Higher Fat	0.83	0.82	0.83
Legumes - Lower Fat	1.24	1.24	1.24
Meal Replacement	0.25	0.13	0.18
Meat (Beef, etc.) - Higher Fat	0.78	1.46	1.18
Meat (Beef, etc.) - Lower Fat	1.02	0.78	0.88
Meat (Poultry) - Higher Fat	1.52	1.13	1.29
Meat (Poultry) - Lower Fat	1.05	1.25	1.17
Meat (Processed) - Higher Fat	4.95	6.38	5.79
Meat (Processed) - Lower Fat	1.02	1.83	1.50
Meat (Other) - Higher Fat	0.55	0.90	0.75
Meat (Other) - Lower Fat	0.09	0.09	0.09
Milk & Fort. Plant Bev. - Higher Fat	0.30	0.37	0.34
Milk & Fort. Plant Bev. - Lower Fat	3.66	3.21	3.39
Milk Products (Other) - Higher Fat	7.60	7.36	7.46
Milk Products (Other) - Lower Fat	1.63	0.89	1.20
Miscellaneous	5.55	5.14	5.30
Mostly Fat	5.05	4.92	4.97
Mostly Sugar	0.50	0.58	0.54
Nuts & Seeds - Higher Fat	0.20	0.14	0.16
Nuts & Seeds - Lower Fat	0.00	0.00	0.00
Supplements	0.04	0.02	0.03
Vegetables (Dark green, leafy) - Higher Fat	0.06	0.02	0.04
Vegetables (Dark green, leafy) - Lower Fat	0.30	0.12	0.19
Vegetables (Deep yellow/orange) - Higher Fat	0.03	0.01	0.02
Vegetables (Deep yellow/orange) - Lower Fat	0.34	0.26	0.29
Vegetables (Other) - Higher Fat	2.15	2.46	2.34
Vegetables (Other) - Lower Fat	8.29	6.97	7.51
Vegetables (White Potato) - Higher Fat	1.04	1.53	1.33
Vegetables (White Potato) - Lower Fat	0.25	0.65	0.48
TOTAL	99.99	99.99	100.00